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SCAN ME!

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We're With You Every Step

So much can change in a year.

12 months ago, no one thought Jaxon Smith-Njigba would have one of the greatest fantasy seasons of all-time or that Daniel Jones would resurrect his career with the Indianapolis Colts.

Well, no one except us.

That's right. In the 2025 *Fantasy Life Magazine*, we correctly predicted all of those things. As far as you know.

Seriously, I was just looking back through what I've been legally assured is the only remaining copy of the magazine and I'll be damned if we didn't have J.J. McCarthy destroying Justin Jefferson's value, and that we projected Matthew Stafford would throw for exactly 4,707 yards and 46 touchdowns.

Yep. Predicted it all. That's the beauty of magazines. No one remembers a year later what was originally in them. Uh, I mean, the beauty of magazines is the smell. The feel. The anticipation. The knowledge that the season is right around the corner.

The gleeful joy that, by holding this magazine in your hand, you know that you are that much closer to Draft Day, which, you know, is only the best day of the year. And we are here to get you ready for all of it, so that you will be THE most prepared person at your draft.

And it's not just draft day. We will be with you every single step of the entire season. Because all jokes aside, while we may have not actually predicted everything I said above, we did have another great year and are ready, once again, to lead you to the promised land. No matter what you play—from redraft to dynasty to best ball to Guillotine Leagues™—we have you covered with award-winning rankings, tools, shows, videos and analysis. There's a reason we've won 9 different Fantasy Sports Gaming Association awards—more than any other company—in the four years we've been around.

And while I could take all the credit, the truth is it's all thanks to you. Seriously. You inspire us to be better every day. You push us with your questions, your engagement, your demand for high-quality, entertaining and actionable advice. Without you, none of this is possible.

So, **Thank you!** Thank you for trusting us with your fantasy team's success. Thank you for supporting us—and specifically this magazine—with your hard-earned money. And thank you for coming along on the journey.

May your trades never get vetoed, may your flex plays all work out and may your #MondayNightMiracles all come through.

TOP 250 RANKINGS

RNK	PLAYER	POS.	TEAM	POSITION RANK
1	Jahmyr Gibbs	RB	Lions	RB1
2	Bijan Robinson	RB	Falcons	RB2
3	Puka Nacua	WR	Rams	WR1
4	Ja'Marr Chase	WR	Bengals	WR2
5	Jaxon Smith-Njigba	WR	Seahawks	WR3
6	Christian McCaffrey	RB	49ers	RB3
7	Amon-Ra St. Brown	WR	Lions	WR4
8	CeeDee Lamb	WR	Cowboys	WR5
9	Jonathan Taylor	RB	Colts	RB4
10	Justin Jefferson	WR	Vikings	WR6
11	James Cook	RB	Bills	RB5
12	Kenneth Walker III	RB	Chiefs	RB6
13	Saquon Barkley	RB	Eagles	RB7
14	De'Von Achane	RB	Dolphins	RB8
15	Ashton Jeanty	RB	Raiders	RB9
16	Rashee Rice	WR	Chiefs	WR7
17	Drake London	WR	Falcons	WR8
18	Malik Nabers	WR	Giants	WR9
19	Derrick Henry	RB	Ravens	RB10
20	Omarion Hampton	RB	Chargers	RB11
21	Trey McBride	TE	Cardinals	TE1
22	Chase Brown	RB	Bengals	RB12
23	Jeremiyah Love	RB	Cardinals	RB13
24	Nico Collins	WR	Texans	WR10
25	Brock Bowers	TE	Raiders	TE2
26	Josh Allen	QB	Bills	QB1
27	A.J. Brown	WR	Eagles	WR11
28	Josh Jacobs	RB	Packers	RB14
29	George Pickens	WR	Cowboys	WR12
30	DeVonta Smith	WR	Eagles	WR13
31	Chris Olave	WR	Saints	WR14
32	Javonte Williams	RB	Cowboys	RB15
33	Breece Hall	RB	Jets	RB16
34	Travis Etienne Jr.	RB	Saints	RB17
35	Tetairoa McMillan	WR	Panthers	WR15
36	Kyren Williams	RB	Rams	RB18
37	Garrett Wilson	WR	Jets	WR16
38	Cam Skattebo	RB	Giants	RB19
39	Colston Loveland	TE	Bears	TE3
40	Lamar Jackson	QB	Ravens	QB2
41	Luther Burden	WR	Bears	WR17
42	Tee Higgins	WR	Bengals	WR18
43	Bucky Irving	RB	Buccaneers	RB20
44	Mike Evans	WR	49ers	WR19
45	Jaylen Waddle	WR	Broncos	WR20
46	Zay Flowers	WR	Ravens	WR21
47	Emeka Egbuka	WR	Buccaneers	WR22
48	Jordyn Tyson	WR	Saints	WR23
49	Ladd McConkey	WR	Chargers	WR24
50	David Montgomery	RB	Texans	RB21
51	Jalen Hurts	QB	Eagles	QB3
52	Davante Adams	WR	Rams	WR25
53	Rome Odunze	WR	Bears	WR26
54	Jayden Daniels	QB	Commanders	QB4
55	Jameson Williams	WR	Lions	WR27
56	Quinshon Judkins	RB	Browns	RB22
57	Carnell Tate	WR	Titans	WR28
58	Terry McLaurin	WR	Commanders	WR29
59	Joe Burrow	QB	Bengals	QB5
60	D.J. Moore	WR	Bills	WR30
61	Bhayshul Tuten	RB	Jaguars	RB23
62	TreVeyon Henderson	RB	Patriots	RB24
63	Christian Watson	WR	Packers	WR31
64	DK Metcalf	WR	Steelers	WR32
65	Drake Maye	QB	Patriots	QB6
66	D'Andre Swift	RB	Bears	RB25
67	Tyler Warren	TE	Colts	TE4
68	Courtland Sutton	WR	Broncos	WR33
69	Parker Washington	WR	Jaguars	WR34
70	Caleb Williams	QB	Bears	QB7
71	Jadarian Price	RB	Seahawks	RB26
72	Makai Lemon	WR	Eagles	WR35
73	Brian Thomas	WR	Jaguars	WR36
74	Marvin Harrison	WR	Cardinals	WR37
75	Chuba Hubbard	RB	Panthers	RB27
76	RJ Harvey	RB	Broncos	RB28
77	Rhamondre Stevenson	RB	Patriots	RB29
78	Harold Fannin	TE	Browns	TE5
79	Michael Wilson	WR	Cardinals	WR38
80	Jaylen Warren	RB	Steelers	RB30
81	Michael Pittman Jr.	WR	Steelers	WR39
82	Tucker Kraft	TE	Packers	TE6
83	Jordan Addison	WR	Vikings	WR40
84	Brock Purdy	QB	49ers	QB8
85	Jayden Reed	WR	Packers	WR41
86	Trevor Lawrence	QB	Jaguars	QB9
87	Tony Pollard	RB	Titans	RB31
88	Dak Prescott	QB	Cowboys	QB10
89	Alec Pierce	WR	Colts	WR42
90	Kyle Pitts	TE	Falcons	TE7
91	Justin Herbert	QB	Chargers	QB11
92	Rico Dowdle	RB	Steelers	RB32
93	Jaxson Dart	QB	Giants	QB12
94	Chris Godwin	WR	Buccaneers	WR43
95	KC Concepcion	WR	Browns	WR44
96	Jakobi Meyers	WR	Jaguars	WR45
97	Ricky Pearsall	WR	49ers	WR46
98	Wan'Dale Robinson	WR	Titans	WR47
99	J.K. Dobbins	RB	Broncos	RB33
100	Aaron Jones	RB	Vikings	RB34
101	Jacory Croskey-Merritt	RB	Commanders	RB35
102	Blake Corum	RB	Rams	RB36
103	Sam LaPorta	TE	Lions	TE8
104	Kyle Monangai	RB	Bears	RB37
105	Romeo Doubs	WR	Patriots	WR48
106	Patrick Mahomes	QB	Chiefs	QB13
107	Omar Cooper Jr.	WR	Jets	WR49
108	Josh Downs	WR	Colts	WR50
109	Mark Andrews	TE	Ravens	TE9
110	Khalil Shakir	WR	Bills	WR51
111	Kenneth Gainwell	RB	Buccaneers	RB38
112	Kyler Murray	QB	Vikings	QB14
113	Dallas Goedert	TE	Eagles	TE10
114	Matthew Golden	WR	Packers	WR52
115	Oronde Gadsden	TE	Chargers	TE11
116	Kenyon Sadiq	TE	Jets	TE12
117	Bo Nix	QB	Broncos	QB15
118	Travis Kelce	TE	Chiefs	TE13
119	Xavier Worthy	WR	Chiefs	WR53
120	Matthew Stafford	QB	Rams	QB16
121	Jalen Coker	WR	Panthers	WR54
122	Quentin Johnston	WR	Chargers	WR55
123	Jared Goff	QB	Lions	QB17
124	George Kittle	TE	49ers	TE14
125	Zach Charbonnet	RB	Seahawks	RB39
126	Chris Bell	WR	Dolphins	WR56
127	Jake Ferguson	TE	Cowboys	TE15
128	Rachaad White	RB	Commanders	RB40
129	Dalton Kincaid	TE	Bills	TE16
130	Jonathon Brooks	RB	Panthers	RB41

RNK	PLAYER	POS.	TEAM	POSITION RANK
131	Chris Rodriguez	RB	Jaguars	RB42
132	Tyler Allgeier	RB	Cardinals	RB43
133	Jordan Love	QB	Packers	QB18
134	Jordan Mason	RB	Vikings	RB44
135	Baker Mayfield	QB	Buccaneers	QB19
136	Chig Okonkwo	TE	Commanders	TE17
137	Isaiah Likely	TE	Giants	TE18
138	Jayden Higgins	WR	Texans	WR57
139	Jalen McMillan	WR	Buccaneers	WR58
140	Tyler Shough	QB	Saints	QB20
141	T.J. Hockenson	TE	Vikings	TE19
142	Calvin Ridley	WR	Titans	WR59
143	Brandon Aiyuk	WR	49ers	WR60
144	Jauan Jennings	WR		WR61
145	Woody Marks	RB	Texans	RB45
146	C.J. Stroud	QB	Texans	QB21
147	Hunter Henry	TE	Patriots	TE20
148	Tyrone Tracy	RB	Giants	RB46
149	Denzel Boston	WR	Browns	WR62
150	Rashid Shaheed	WR	Seahawks	WR63
151	Tank Dell	WR	Texans	WR64
152	Malik Willis	QB	Dolphins	QB22
153	Stefon Diggs	WR		WR65
154	Alvin Kamara	RB	Saints	RB47
155	Tyjae Spears	RB	Titans	RB48
156	Brenton Strange	TE	Jaguars	TE21
157	Isiah Pacheco	RB	Lions	RB49
158	Mike Washington Jr.	RB	Raiders	RB50
159	Travis Hunter	WR	Jaguars	WR66
160	Dylan Sampson	RB	Browns	RB51
161	Juwan Johnson	TE	Saints	TE22
162	Daniel Jones	QB	Colts	QB23
163	Jalen Nailor	WR	Raiders	WR67
164	Tre Tucker	WR	Raiders	WR68
165	Darnell Mooney	WR	Giants	WR69
166	Germie Bernard	WR	Steelers	WR70
167	Malik Washington	WR	Dolphins	WR71
168	Zachariah Branch	WR	Falcons	WR72
169	Sam Darnold	QB	Seahawks	QB24
170	Keaton Mitchell	RB	Chargers	RB52
171	Jerry Jeudy	WR	Browns	WR73
172	Cam Ward	QB	Titans	QB25
173	Brian Robinson	RB	Falcons	RB53
174	Kayshon Boutte	WR	Patriots	WR74
175	Isaac TeSlaa	WR	Lions	WR75
176	Tank Bigsby	RB	Eagles	RB54
177	Dalton Schultz	TE	Texans	TE23
178	Tyreek Hill	WR		WR76
179	Bryce Young	QB	Panthers	QB26
180	Antonio Williams	WR	Commanders	WR77
181	Caleb Douglas	WR	Dolphins	WR78
182	Tre' Harris	WR	Chargers	WR79
183	Cooper Kupp	WR	Seahawks	WR80
184	Gunnar Helm	TE	Titans	TE24
185	AJ Barner	TE	Seahawks	TE25
186	Fernando Mendoza	QB	Raiders	QB27
187	Jacoby Brissett	QB	Cardinals	QB28
188	Samaje Perine	RB	Bengals	RB55
189	Jonah Coleman	RB	Broncos	RB56
190	Nicholas Singleton	RB	Titans	RB57
191	Geno Smith	QB	Jets	QB29
192	De'Zhaun Stribling	WR	49ers	WR81
193	Braelon Allen	RB	Jets	RB58
194	Emmett Johnson	RB	Chiefs	RB59
195	Sean Tucker	RB	Buccaneers	RB60
196	Cade Otton	TE	Buccaneers	TE26
197	Aaron Rodgers	QB	Steelers	QB30
198	Elijah Sarratt	WR	Ravens	WR82
199	Tyquan Thornton	WR	Chiefs	WR83
200	Tua Tagovailoa	QB	Falcons	QB31
201	Kaytron Allen	RB	Commanders	RB61
202	Kaelon Black	RB	49ers	RB62
203	Terrance Ferguson	TE	Rams	TE27
204	Deebo Samuel	WR		WR84
205	David Njoku	TE		TE28
206	James Conner	RB	Cardinals	RB63
207	Pat Bryant	WR	Broncos	WR85
208	Adonai Mitchell	WR	Jets	WR86
209	Kimani Vidal	RB	Chargers	RB64
210	Deshaun Watson	QB	Browns	QB32
211	Pat Freiermuth	TE	Steelers	TE29
212	Ryan Flournoy	WR	Cowboys	WR87
213	Chris Brazzell II	WR	Panthers	WR88
214	Ray Davis	RB	Bills	RB65
215	Jaydon Blue	RB	Cowboys	RB66
216	Jordan James	RB	49ers	RB67
217	Ja'Kobi Lane	WR	Ravens	WR89
218	Skyler Bell	WR	Bills	WR90
219	Eli Stowers	TE	Eagles	TE30
220	Adam Randall	RB	Ravens	RB68
221	Demond Claiborne	RB	Vikings	RB69
222	Dontayvion Wicks	WR	Eagles	WR91
223	Christian Kirk	WR	49ers	WR92
224	Jack Bech	WR	Raiders	WR93
225	Keenan Allen	WR		WR94
226	Justice Hill	RB	Ravens	RB70
227	Ted Hurst	WR	Buccaneers	WR95
228	Mike Gesicki	TE	Bengals	TE31
229	Emanuel Wilson	RB	Seahawks	RB71
230	Tory Horton	WR	Seahawks	WR96
231	Evan Engram	TE	Broncos	TE32
232	Malachi Fields	WR	Giants	WR97
233	Hollywood Brown	WR	Eagles	WR98
234	Greg Dulcich	TE	Dolphins	TE33
235	Jaylin Noel	WR	Texans	WR99
236	Shedeur Sanders	QB	Browns	QB33
237	Keon Coleman	WR	Bills	WR100
238	Devaughn Vele	WR	Saints	WR101
239	Andrei Iosivas	WR	Bengals	WR102
240	Jake Tonges	TE	49ers	TE34
241	Mason Taylor	TE	Jets	TE35
242	Chimere Dike	WR	Titans	WR103
243	Rashod Bateman	WR	Ravens	WR104
244	Jaylen Wright	RB	Dolphins	RB72
245	Darnell Washington	TE	Steelers	TE36
246	Colby Parkinson	TE	Rams	TE37
247	Ty Johnson	RB	Bills	RB73
248	Michael Penix	QB	Falcons	QB34
249	Brenen Thompson	WR	Chargers	WR105
250	Troy Franklin	WR	Broncos	WR106

Rankings updated!
Scan me for updated rankings

→ Quarterback

RNK	PLAYER	TEAM
	TIER 1	
1	Josh Allen	Bills
2	Lamar Jackson	Ravens
3	Jalen Hurts	Eagles
4	Jayden Daniels	Commanders
	TIER 2	
5	Joe Burrow	Bengals
6	Drake Maye	Patriots
7	Caleb Williams	Bears
8	Brock Purdy	49ers
	TIER 3	
9	Trevor Lawrence	Jaguars
10	Dak Prescott	Cowboys
11	Justin Herbert	Chargers
12	Jaxson Dart	Giants
13	Patrick Mahomes	Chiefs
	TIER 4	
14	Kyler Murray	Vikings
15	Bo Nix	Broncos
16	Matthew Stafford	Rams
17	Jared Goff	Lions
18	Jordan Love	Packers
19	Baker Mayfield	Buccaneers
	TIER 5	
20	Tyler Shough	Saints
21	C.J. Stroud	Texans
22	Malik Willis	Dolphins
	TIER 6	
23	Daniel Jones	Colts
24	Sam Darnold	Seahawks
25	Cam Ward	Titans
26	Bryce Young	Panthers
	TIER 7	
27	Fernando Mendoza	Raiders
28	Jacoby Brissett	Cardinals
29	Geno Smith	Jets
30	Aaron Rodgers	Steelers
31	Tua Tagovailoa	Falcons
	TIER 8	
32	Deshaun Watson	Browns
33	Shedeur Sanders	Browns
34	Michael Penix	Falcons
	TIER 9	
35	J.J. McCarthy	Vikings
36	Justin Fields	Chiefs
37	Anthony Richardson	Colts
38	Ty Simpson	Rams

→ Running Back

RNK	PLAYER	TEAM
	TIER 1	
1	Jahmyr Gibbs	Lions
2	Bijan Robinson	Falcons
	TIER 2	
3	Christian McCaffrey	49ers
4	Jonathan Taylor	Colts
5	James Cook	Bills
6	Kenneth Walker III	Chiefs
7	Saquon Barkley	Eagles
8	De'Von Achane	Dolphins
9	Ashton Jeanty	Raiders
	TIER 3	
10	Derrick Henry	Ravens
11	Omarion Hampton	Chargers
12	Chase Brown	Bengals
13	Jeremiyah Love	Cardinals
14	Josh Jacobs	Packers
15	Javonte Williams	Cowboys
16	Breece Hall	Jets
17	Travis Etienne Jr.	Saints
18	Kyren Williams	Rams
19	Cam Skattebo	Giants
20	Bucky Irving	Buccaneers
	TIER 4	
21	David Montgomery	Texans
22	Quinshon Judkins	Browns
23	Bhayshul Tuten	Jaguars
24	TreVeyon Henderson	Patriots
25	D'Andre Swift	Bears
26	Jadarian Price	Seahawks
27	Chuba Hubbard	Panthers
	TIER 5	
28	RJ Harvey	Broncos
29	Rhamondre Stevenson	Patriots
30	Jaylen Warren	Steelers
31	Tony Pollard	Titans
32	Rico Dowdle	Steelers
33	J.K. Dobbins	Broncos
34	Aaron Jones	Vikings
	TIER 6	
35	Jacory Croskey-Merritt	Commanders
36	Blake Corum	Rams
37	Kyle Monangai	Bears
38	Kenneth Gainwell	Buccaneers
	TIER 7	
39	Zach Charbonnet	Seahawks
40	Rachaad White	Commanders
41	Jonathon Brooks	Panthers
42	Chris Rodriguez	Jaguars
43	Tyler Allgeier	Cardinals
44	Jordan Mason	Vikings
45	Woody Marks	Texans
46	Tyrone Tracy	Giants

RNK	PLAYER	TEAM
	TIER 8	
47	Alvin Kamara	Saints
48	Tyjae Spears	Titans
49	Isiah Pacheco	Lions
50	Mike Washington Jr.	Raiders
51	Dylan Sampson	Browns
52	Keaton Mitchell	Chargers
53	Brian Robinson	Falcons
54	Tank Bigsby	Eagles
55	Samaje Perine	Bengals
56	Jonah Coleman	Broncos
57	Nicholas Singleton	Titans
58	Braelon Allen	Jets
59	Emmett Johnson	Chiefs
	TIER 9	
60	Sean Tucker	Buccaneers
61	Kaytron Allen	Commanders
62	Kaelon Black	49ers
63	James Conner	Cardinals
64	Kimani Vidal	Chargers
65	Ray Davis	Bills
66	Jaydon Blue	Cowboys
67	Jordan James	49ers
68	Adam Randall	Ravens
69	Demond Claiborne	Vikings
70	Justice Hill	Ravens
71	Emanuel Wilson	Seahawks
72	Jaylen Wright	Dolphins
73	Ty Johnson	Bills
74	Seth McGowan	Colts
75	DJ Giddens	Colts
76	Kaleb Johnson	Steelers
	TIER 10	
77	Emari Demercado	Chiefs
78	Kareem Hunt	Chiefs
79	Chris Brooks	Packers
80	Najee Harris	Chargers
81	Jerome Ford	Commanders
82	MarShawn Lloyd	Packers
83	Ollie Gordon	Dolphins
84	Roman Hemby	Raiders
85	Devin Singletary	Giants
86	Tahj Brooks	Bengals
87	Brashard Smith	Chiefs
88	Isaac Guerendo	49ers
89	George Holani	Seahawks
90	Isaiah Davis	Jets
91	Trey Benson	Cardinals
92	Trevor Etienne	Panthers
93	Kendre Miller	Saints
94	Devin Neal	Saints
95	Joe Mixon	Texans
96	LeQuint Allen	Jaguars
97	Malik Davis	Cowboys
98	Audric Estime	Saints
99	J'Mari Taylor	Jaguars
100	Le'Veon Moss	Dolphins

→ Wide Receiver

RNK	PLAYER	TEAM
	TIER 1	
1	Puka Nacua	Rams
2	Ja'Marr Chase	Bengals
3	Jaxon Smith-Njigba	Seahawks
4	Amon-Ra St. Brown	Lions
	TIER 2	
5	CeeDee Lamb	Cowboys
6	Justin Jefferson	Vikings
7	Rashee Rice	Chiefs
8	Drake London	Falcons
9	Malik Nabers	Giants
	TIER 3	
10	Nico Collins	Texans
11	A.J. Brown	Eagles
12	George Pickens	Cowboys
13	DeVonta Smith	Eagles
14	Chris Olave	Saints
15	Tetairoa McMillan	Panthers
16	Garrett Wilson	Jets
17	Luther Burden	Bears
18	Tee Higgins	Bengals
19	Mike Evans	49ers
20	Jaylen Waddle	Broncos
21	Zay Flowers	Ravens
22	Emeka Egbuka	Buccaneers
23	Jordyn Tyson	Saints
24	Ladd McConkey	Chargers
	TIER 4	
25	Davante Adams	Rams
26	Rome Odunze	Bears
27	Jameson Williams	Lions
28	Carnell Tate	Titans
29	Terry McLaurin	Commanders
30	D.J. Moore	Bills
31	Christian Watson	Packers
32	DK Metcalf	Steelers
33	Courtland Sutton	Broncos
34	Parker Washington	Jaguars
35	Makai Lemon	Eagles
36	Brian Thomas	Jaguars
37	Marvin Harrison	Cardinals
	TIER 5	
38	Michael Wilson	Cardinals
39	Michael Pittman Jr.	Steelers
40	Jordan Addison	Vikings
41	Jayden Reed	Packers
42	Alec Pierce	Colts
43	Chris Godwin	Buccaneers
44	KC Concepcion	Browns
45	Jakobi Meyers	Jaguars
46	Ricky Pearsall	49ers
47	Wan'Dale Robinson	Titans

RNK	PLAYER	TEAM
	TIER 6	
48	Romeo Doubs	Patriots
49	Omar Cooper Jr.	Jets
50	Josh Downs	Colts
51	Khalil Shakir	Bills
52	Matthew Golden	Packers
53	Xavier Worthy	Chiefs
54	Jalen Coker	Panthers
55	Quentin Johnston	Chargers
56	Chris Bell	Dolphins
	TIER 7	
57	Jayden Higgins	Texans
58	Jalen McMillan	Buccaneers
59	Calvin Ridley	Titans
60	Brandon Aiyuk	49ers
61	Jauan Jennings	
62	Denzel Boston	Browns
63	Rashid Shaheed	Seahawks
64	Tank Dell	Texans
65	Stefon Diggs	
66	Travis Hunter	Jaguars
67	Jalen Nailor	Raiders
68	Tre Tucker	Raiders
69	Darnell Mooney	Giants
70	Germie Bernard	Steelers
71	Malik Washington	Dolphins
	TIER 8	
72	Zachariah Branch	Falcons
73	Jerry Jeudy	Browns
74	Kayshon Boutte	Patriots
75	Isaac TeSlaa	Lions
76	Tyreek Hill	
77	Antonio Williams	Commanders
78	Caleb Douglas	Dolphins
79	Tre' Harris	Chargers
80	Cooper Kupp	Seahawks
81	De'Zhaun Stribling	49ers
82	Elijah Sarratt	Ravens
83	Tyquan Thornton	Chiefs
84	Deebo Samuel	
85	Pat Bryant	Broncos
	TIER 9	
86	Adonai Mitchell	Jets
87	Ryan Flournoy	Cowboys
88	Chris Brazzell II	Panthers
89	Ja'Kobi Lane	Ravens
90	Skyler Bell	Bills
91	Dontayvion Wicks	Eagles
92	Christian Kirk	49ers
93	Jack Bech	Raiders
94	Keenan Allen	
95	Ted Hurst	Buccaneers
96	Tory Horton	Seahawks
97	Malachi Fields	Giants
98	Hollywood Brown	Eagles
99	Jaylin Noel	Texans
100	Keon Coleman	Bills

→ Tight End

RNK	PLAYER	TEAM
	TIER 1	
1	Trey McBride	Cardinals
2	Brock Bowers	Raiders
3	Colston Loveland	Bears
	TIER 2	
4	Tyler Warren	Colts
5	Harold Fannin	Browns
6	Tucker Kraft	Packers
7	Kyle Pitts	Falcons
	TIER 3	
8	Sam LaPorta	Lions
9	Mark Andrews	Ravens
10	Dallas Goedert	Eagles
11	Oronde Gadsden	Chargers
12	Kenyon Sadiq	Jets
13	Travis Kelce	Chiefs
14	George Kittle	49ers
15	Jake Ferguson	Cowboys
16	Dalton Kincaid	Bills
	TIER 4	
17	Chig Okonkwo	Commanders
18	Isaiah Likely	Giants
19	T.J. Hockenson	Vikings
20	Hunter Henry	Patriots
21	Brenton Strange	Jaguars
	TIER 5	
22	Juwan Johnson	Saints
23	Dalton Schultz	Texans
24	Gunnar Helm	Titans
	TIER 6	
25	AJ Barner	Seahawks
26	Cade Otton	Buccaneers
27	Terrance Ferguson	Rams
28	David Njoku	
29	Pat Freiermuth	Steelers
30	Eli Stowers	Eagles
31	Mike Gesicki	Bengals
32	Evan Engram	Broncos
	TIER 7	
33	Greg Dulcich	Dolphins
34	Jake Tonges	49ers
35	Mason Taylor	Jets
36	Darnell Washington	Steelers
37	Colby Parkinson	Rams
38	Dawson Knox	Bills
39	Ja'Tavion Sanders	Panthers
40	Michael Mayer	Raiders

Rankings updated!
Scan me for updated rankings

Your League Is Unique, Your Advice Should Be, Too

We live in a new era of fantasy football analysis

BY STEFANO VACCARINO
FANTASY LIFE HEAD OF GROWTH

Simulations, projections, advanced stats, spreads and totals, player props, weather trends—the tools available to help you win have never been better. And while all of those things are great, none of them solve your biggest hindrance to winning your league: it's all generic advice.

Syncing your league eliminates generic advice. It takes all of those tools and personalizes them to your league settings, your scoring and what your team actually needs to win.

Let's start simple. Your scoring and roster settings. When you sync your league on Fantasy Life, every projection and ranking adjusts to your scoring system. What people sleep on is their roster settings. Your league might be just a traditional PPR league, but you start three WRs and a flex instead of two WRs and a flex. That's not a standard league anymore. Every piece of generic draft analysis you're reading assumes it is. That's the generic advice problem. You may think your league is standard but the reality is most leagues are not, and it's hurting your research. Syncing your league is the solution.

By syncing your league, every pre-draft ranking and projection will be personalized to your league's scoring.

This is how you win draft season. By syncing your league, every pre-draft ranking and projection will be personalized to your league's scoring. That means if you're in a superflex tight end-premium league, rankings and projections will reflect how important it is to grab a TE early. Because of that, when you're doing a mock draft in Draft Champion, you're getting as close to a real draft as possible. All picks made by your opponents are made as if they were actually drafting with you so you're practicing for your real draft, not a generic one.

In-season is where you pull away from the pack. Take Fantasy Life's Start/Sit tool as an example. When you sync your league, the Start/Sit advice will vary based on your projected outcome against your opponent. If you're an underdog either pre-kickoff or at any point after the first games have been played, the suggestion might shift to target a player with a higher ceiling but a slightly lower average projected score. If you're a heavy favorite, the suggestion might shift to recommend a player with a safer floor.

Now apply that to trades. Without syncing, a trade tool just tells you Player X is projected for 145 points the rest of the way and Player Y is projected for 147. With syncing, it factors in your current standings, your projected playoff path and your actual roster holes. It knows you don't need another WR3—you need a TE upgrade to make a playoff push.

Same with waivers. A synced Waiver Wire tool doesn't just tell you who the top pickups are. It gives you suggested FAAB bids based on your team needs while accounting for what your leaguemates need and what they're likely to bid. You're not guessing anymore—you're making moves with context.

Your edge starts with syncing your league—because your league is unique, your advice should be, too.

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Who's No. 1?

Bijan Robinson vs. Jahmyr Gibbs for 1.01 is the fantasy football debate that will rage throughout this summer

BY ADAM PFEIFER

Question: Bijan Robinson or Jahmyr Gibbs in fantasy football?
Answer: Yes.

Seriously, it would be an honor to have either star running back lead my fantasy team, but only one can be drafted first overall. And quite frankly, no one else really enters the discussion. Let's make the argument for both players as the 1.01 in fantasy land.

The Case For Bijan Robinson

Everyone knows how special Robinson is, but the Falcons may have sometimes forgotten just how good. Yes, Robinson totaled nearly 2,300 scrimmage yards on 366 touches, but his 11 total touchdowns were a bit underwhelming. (Thanks a lot, Tyler Allgeier.)

According to the Fantasy Life Utilization Report, Robinson accounted for just 48% of Atlanta's rush attempts from inside the 5-yard line. That put him outside the top-25 running backs and tied with Allgeier, who tied Robinson with five goal-line carries. Robinson also compiled only 32 red-zone carries, which trailed players like Chris Rodriguez, Kyle Monangai and Kareem Hunt. Again, Allgeier was right behind him with 31 red-zone rushes. Allgeier is a good player, and was effective from in close, converting 4 of 7 carries inside the 5 into touchdowns. But his presence was often a headache for Robinson's fantasy potential.

Free agency served as the cure. Allgeier signed a two-year deal with the Cardinals, paving the way for Robinson to finally dominate the short-yardage work for the Falcons. Whichever running back begins the 2026 regular season as No. 2 on Atlanta's depth chart is highly unlikely to match Allgeier's 9.2 touches per game from a season ago. Atlanta also deployed both Robinson and Allgeier on the field together around 8% of the time.

Although the touchdowns weren't elite, Robinson made up for it with stellar pass-game usage. He ranked second among running backs in target share (20%), while his 23% TPRR was good for fifth at the position. The stellar target share is unlikely to disappear, especially if Tua Tagovailoa is under center for the Falcons. Over the course of his career, Tagovailoa is targeting running backs 23.1% of the time, while sporting one of the highest checkdown rates in the entire NFL. Tua has always had a propensity for getting the ball out as fast as humanly possible, a trait that has benefited fantasy running backs. Robinson's 79 receptions for 820 yards propelled him to 21.8 PPR PPG last year (2nd), but a spike in touchdowns could lead to the overall RB1 finish in 2026.

> **Jahmyr Gibbs finished right behind Bijan Robinson in fantasy scoring in 2025, with an average of 21.6 PPR PPG to Robinson's 21.8 PPR PPG.**

The Case For Jahmyr Gibbs

Gibbs finished right behind Robinson last season, averaging a strong 21.6 PPG. After catching 52 passes in each of his first two NFL seasons, Gibbs hauled in 77 balls last year while scoring 18 total touchdowns. He continues to be one of the most dynamic and efficient players in all of football. He ranked eighth in 2023 among NFL running

backs in average yards per touch (5.4), second in ’24 (6.4) and fourth last season (5.7).

Like Robinson, Gibbs has also split work with a good, power running back to open his career. After joining the Lions in 2023, David Montgomery averaged a healthy 14.1 touches per game, while accounting for 46% of Detroit’s designed rush attempts during that span. Most of the time, the Lions would deploy an every-other-drive approach with their backfield, though once Dan Campbell took over play-calling duties last year the shift toward Gibbs intensified. From Week 10 on, Gibbs accounted for 63% of the rush attempts, 21% of the targets and handled 19.4 touches per game. Prior to that, Gibbs was averaging 17.8 touches per game, while handling 52% of the rush attempts and a 14% target share. That may have been the precursor to Montgomery’s trade to the Texans. Sonic now stands alone.

We have a very fun, totally sustainable split of Gibbs playing games with Montgomery sidelined over the last few seasons. In six career games without Montgomery, Gibbs has averaged absolutely gaudy numbers: 19.7 carries, 5.2 targets, 110.8 rushing yards, 36.5 receiving yards, 24.3 touches, 27.4 PPR PPG. Again, totally sustainable. But in terms of his usage, it might not be too far off. The Lions brought in Isiah Pacheco on a one-year, $1.81M deal, which tells me he isn’t coming anywhere close to the 14 touches per game Montgomery averaged during his Detroit stint.

There’s definitely some change within this Lions offense entering 2026. The offensive line has some new faces, while Drew Petzing will now be calling plays. But one thing should remain— this team will be scoring plenty of points. Since 2023, Detroit has ranked 2nd, 1st and 3rd, respectively in percentage of drives ending in a touchdown. And during that same span, the Lions are averaging 29.6 points per game, giving Gibbs plenty of touchdown potential as the lead running back.

Single-QB Draft Approaches

What to do—and what not to do—when embracing one of three popular strategies

BY KENDALL VALENZUELA, PETE OVERZET AND COOTERDOODLE

LET THE DRAFT come to you. Be water—hat tip to Bruce Lee. Get your guys. These and more are viable mindsets when going into a draftroom, whether you're getting in the ring with experts or your home league. But after you've studied ADP and done some mocks, certain strategies can be set up even before your draft day. That's where this article comes into play, as we cover three distinct approaches that can all lead to you hoisting your league's championship trophy.

→ Robust RB

If you like running backs more than life itself, well I've got a draft strategy for you! Welcome to the world of Robust RB, a strategy where drafters ideally take three running backs with their first four picks. This is obviously very different from Zero RB and Late-Round QB because the main goal here is to try and capitalize on the massive upside that early-round running backs offer even though there is history of volatility.

This strategy is directly tied to getting the "elite" backs, especially in the first two rounds of drafts. You must take a running back with your first pick and ideally your second as well.

In the first round you're getting an elite workhorse back—think Jahmyr Gibbs, Bijan Robinson, Jonathan Taylor and Chirstian McCaffrey.

Where the volatility and risk comes in is putting so much stock and early draft capital into one position that has a large bust rate. There are some obvious winners if you draft the right running back—Robinson, Gibbs and CMC were three of the four highest-scoring fantasy players in 2025.

In the second round you are not getting superstar options, but the upside is obviously there with a featured workload and little competition for touches. Think De'Von Achane, Kenneth Walker and Omarion Hampton.

Essentially, you're making a bet on finding multiple legendary running back performers in a season. You also need to make sure your scoring format favors this draft strategy. If you are in a deep league with three flex positions, it might be better to allocate more early-round wide receiver strategies. Leaving the wide receiver position open for so long is daunting. That's why I think the third round is where you need to jump on a receiver. If a running back with little competition and lots of upside falls to the third, draft him. If not, then now is the time to take a wide receiver with Top-10 upside that has fallen—Chris Olave, Nico Collins and Tetairoa McMillan all come to mind.

Then we are back on the running back train.

This draft strategy will make some other positions on your roster weak—obviously—but where you should sacrifice is at the tight end and quarterback position (cooterdoodle has thoughts for you later). There have been far too many times that late-round quarterbacks have outperformed their ADP, and the tight end position gets so volatile after the first six guys are off the board that it's not a horrible idea to wait for both. You can find streamable players at both positions, but it's hard to find a league-winning running back on waivers.

As always, pay attention to the flow of your draft. If multiple running backs are falling far past where you believe they should be drafted, then shifting to this strategy can work. On the other side, if you're bullish on multiple top backs going into 2026, or if you think the evaluations on the position and incoming rookies are too soft, then Robust RB can be for you.

— KENDALL VALENZUELA

→ Zero RB

I'm about to do the unthinkable and tout the Zero RB strategy in the year of our Lord, 2026. This is, of course, a dangerous position to take after two straight years of RBs dominating fantasy scoring:

∧
Jahmyr Gibbs was one of three RBs to rank among the four highest-scoring fantasy players in 2025.

- **In 2025, 8 of the top 10 scorers in .5 PPR leagues were RBs**
- **In 2024, 7 of the top 10 scorers in .5 PPR leagues were RBs**

Trust me, I get the resistance … it's a nearly impossible task to convince anyone that it is viable, much less a sharp idea, to ignore RBs in the first few rounds of your draft.

But here's the thing … we are also coming off two straight years of the RB position staying shockingly healthy. Zero RB thrives on the chaos of the season and the attrition that naturally occurs at the RB position, so of course the strategy is going to fail when the majority of the lead backs stay healthy.

But what happens when those early RBs do get hurt? Well, now we can supercharge our teams into juggernauts. Let me explain.

When a top WR gets hurt, no single WR steps up in his absence and fills their exact role. The targets are often distributed evenly across the remaining pass catchers. But when a starting RB gets hurt, a backup RB generally receives the lion's share of the starter's touches.

This dynamic makes backup running backs more valuable than backup wide receivers,

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which in turn makes Zero RBs (early WRs + late RBs) a much stronger structural strategy than Robust RB (early RBs + late WRs).

The goal of Zero RB (and no, it doesn't mean literally take zero running backs), is to crush your opponents at every other position with high-end WRs, and ideally, an Elite QB and an Elite TE.

You then take a "spray and pray" approach at the RB position and select a bunch of RBs at the end of your draft—handcuffs, rookies, committee backs with intriguing profiles, etc.

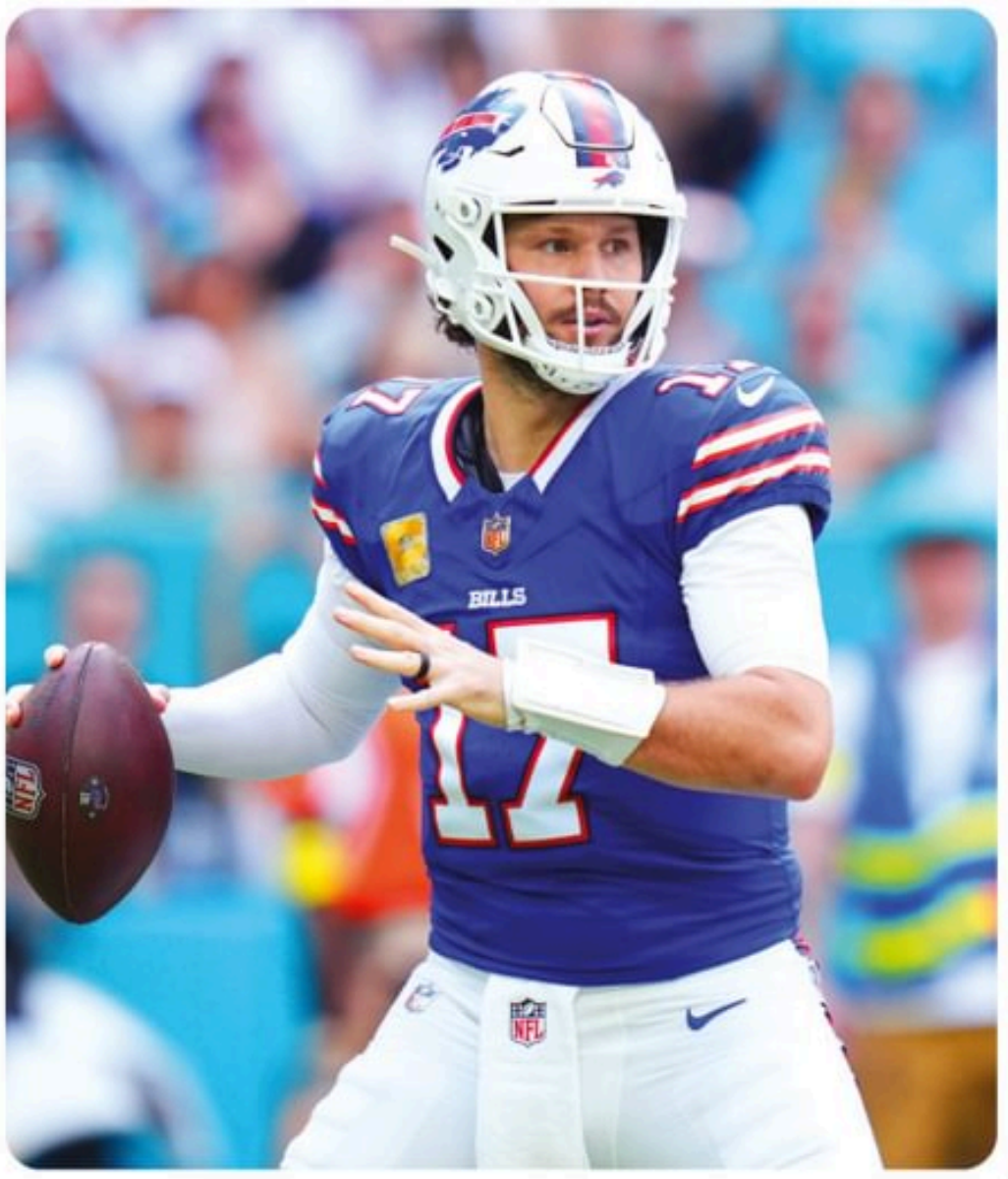
Not all of these fliers will hit, of course, but year after year, we see late-round RBs emerge out of nowhere for a variety of reasons, including injuries, trades, ambiguous backfields, efficient play and outperforming the starter.

Ultimately, the best way to execute Zero RB is to let the draft come to you. If a RB with true bell cow potential is available in the first couple rounds, don't hesitate to grab him. But if the talent at the position quickly runs dry, don't force the issue. Instead, load up on WRs, TEs and QBs in the early rounds and stay patient before pulling the trigger on your first RB.

While it might seem scary to have a weak group of RBs heading into the season, your opponents are at even more of a disadvantage. They are weak at a more important position (WR), and their late-round fliers are far less likely to contribute meaningful points to their roster than yours.

Embrace the opportunity of chaos at the RB position this year and give yourself a chance at a juggernaut team thanks to the Zero RB strategy.

—PETE OVERZET



→ Late-Round QB

Some will call a strategy of waiting until rounds 9-15 to draft a QB the "Late-Round QB" strat. I call it the "I didn't get Josh Allen, Now What?" strategy. Why does Allen matter? He has finished as a Top-3 QB in points per game more consistently than any of his "elite" peers.

- 2025: **QB1 avg. PPG (22.0)**
- 2024: **QB2 avg. PPG (22.6)**
- 2023: **QB1 avg. PPG (24.2)**
- 2022: **QB3 avg. PPG (24.2)**
- 2021: **QB1 avg. PPG (24.6)**
- 2020: **QB2 avg. PPG (25.3)**

And once you get past the all-but-guaranteed points from Allen, you have the luxury of waiting at QB, because there will still be viable options available later on. And only one person can walk away with Joshy boy anyway ...

But to successfully pull off the Late-Round strat, you need to be sure to adhere to a few Late-Round Do's and Don'ts.

DON'T:

- **Punt on the QB position in a superflex league.**
- **Force yourself into a Late-Round QB build (especially if the board blesses you with a bargain).**

That's it, really. Easy right? Now, let's get into the Do's.

DO:

- ***Keep the faith.*** Leagues can absolutely be won without a top-tier,

When the time comes to draft your QB, keep an eye out for gems like Daniel Jones who have rushing upside

< Josh Allen has finished as a Top-3 QB in fantasy points per game more consistently than any of his "elite" peers.

early-round QB. Just ask my home league champ who took it all with Trevor Lawrence in 2025. If you're able to build a solid team around your late-round passer, you'll be setting yourself up for success.

- ***Aim for top-tier RBs and WRs rounds 1-4.***
  If you're going to punt a position like QB, then you really need to have your eye on the prize for the other positions. If you come out of Round 4 with two solid RBs and two solid WRs, you won't feel as pressured to reach for a QB in the next few rounds.

I know one of the elite TEs can be tempting, but you'll feel better about your roster construction if you stick to RB/WR early on. Plus, the dropoff in fantasy value for these positions is much more steep after the first few rounds.

- ***Continue to beef up WR, RB and grab a TE rounds 5-8.***
  Take a look at your first few picks. Did you end up heavier on WR? Then it's time to pivot toward RB. And you'll still have time to draft a TE in this range.

- ***Look for QBs with rushing upside.***
  When the time does come to draft your QB, keep an eye out for any gems who have rushing upside. 2025 Daniel Jones, anyone? Which brings me to my next point...

- ***Draft two QBs.***
  I know, this seems counter intuitive, right? Wasting a perfect late-round flier on a second QB? But if you've beefed up your other positions, you don't need to rely on a dart throw anymore. Instead, your roster would benefit more from a QB insurance policy. You may never need it. Hopefully you never do. But you'll be glad you've got it if you do. And that's what insurance is for, right? Think 2025 JJ McCarthy. You don't want all of your QBs in one basket.

As we've seen over the last few seasons, there are some QBs drafted in the later rounds who have finished top 5 at the position. A late-round ADP isn't a guaranteed death sentence for your QB's future production. Some productive QBs will even be available on waivers throughout the year.

The biggest thing to remember when it comes to a draft strategy: **It is more important to understand the strategy than to force it.**

Try the different strats in mock drafts. Know their pitfalls and their benefits. But remember that every draft board will fall to you differently. Don't force yourself into a situation that may not be the best one for you on that given day.

—COOTERDOODLE

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Superflex Insight

The potential to start two quarterbacks ups the strategy in the format that continues to grow in popularity

BY CHRIS ALLEN

INGLOURIOUS *Basterds* isn't my favorite Quentin Tarantino movie—*Pulp Fiction* still has the crown for me—but the tavern scene has lived on in infamy. Michael Fassbender (incorrectly) holding up three fingers is now the symbol of if you know ball. For instance, I'll make a statement about superflex leagues: Superflex leagues are just regular fantasy squads where you can start two QBs.

^ Drake Maye and Trevor Lawrence will be drafted far earlier in '26 than they were in 2025.

Like Major Hellstrom, all you can do is sit there. Yes, the statement carries some truth to it. But the lack of nuance is what gives you pause. Because if you've been in Superflex leagues, the added QB spot changes our strategy for the popular format.

→ Don't Be Afraid to Wait on QB*

**If need be.*

I'm throwing out the caveat early because building a superflex roster, like any other format, hinges on draft position. Sure, there's the extra QB slot to fill. And, absolutely, this means that at a minimum, 24 passers will be on active rosters every week (assuming a 12-team league). Which doesn't even get into the people taking at least one backup, let alone a second. I mention all this because the common knee-jerk reactions are some that I've had in the past:

- **I hope I don't get stuck with a late draft slot**
- **I have to hammer QBs early and often.**
- **My team is going to be terrible if I don't get at least one elite QB.**

Essentially, you're on tilt before you get to the lobby. Plus, the anxiety only ratchets up a notch when you pick (or get assigned) anything in the back half of the draft. The result is a hyperfocus on a singular position. Or, said another way, you're drafting for (a self-imposed) need. However, if you do get stuck with a less-than-desirable spot, there's a way you can pivot. I'll use last year's results as a proxy.

- **Josh Allen:** 374.5 (total points)
- **Drake Maye:** 358.9
- **Matthew Stafford:** 358.3
- **Trevor Lawrence:** 350.1
- **Caleb Williams:** 323.8

While I agree that the results don't reflect how we felt about each signal-caller, the idea that even within the Top 5 there's a gap in scoring should be clear. Even the best projections (i.e, Dwain's or Freedman's) would highlight the same behavior. Of course, you'd see Lamar Jackson, Jalen Hurts or Joe Burrow in the conversation, but there's a tier breaking up even the best passers. As you can see, there's about a 50-point delta between the QB1 and QB5. Just 24 points separate the QB6 (323.8 points) and the QB10 (299.8). Meanwhile, a few non-passers were giving us QB-worthy performances.

- **Puka Nacua:** 375.0 (total points), WR6 (Consensus ADP)
- **Jaxon Smith-Njigba:** 359.9, WR14
- **Amon-Ra St. Brown:** 324.0, WR5
- **Christian McCaffrey:** 416.6, RB4
- **Bijan Robinson:** 370.8, RB1
- **Jahmyr Gibbs:** 366.9, RB3

Jaxon Smith-Njigba is the outlier, but the others were part of real decisions when gamers were on the clock. Puka Nacua or Jalen Hurts? Amon-Ra St. Brown or Patrick Mahomes? And while we treat QBs like brand names, there's viability in getting the generic version at a cheaper cost. Bo Nix as your QB1 isn't as worrisome if you secure Bijan Robinson, aka "A Non-QB Who Can Score like a QB," with your first pick. But, again, you should only have to resort to this decision-tree thinking if you get boxed out of one of the high-end passers to kick off the draft.

While we treat quarterbacks like brand names, there's viability in getting the generic version at a cheaper cost

→ Every Action Begets Another

Every Action Begets Another. A few famous movie (and book) quotes come to mind as the draft unfolds.

- "Out of the frying pan and into the fire." —**The Hobbit**
- "I immediately regret this decision." —**Anchorman**
- "Now what?" —**Finding Nemo**

Drafting is like the classic cartoon trope of the main character plugging a leak only to find one after another pop up. For example, let's say you got your early spot like you wanted. And here's your team after a few rounds:

- **Round 1:** Drake Maye
- **Round 2:** Trevor Lawrence
- **Round 3:** Nico Collins

Wow, two top-tier QBs! And a solid WR1. Cool. But at least 15 RBs will go before you get your first one. There's also that pesky TE position you have to worry about, too. Essentially, as one part of your roster gets stronger, the other (likely) gets weaker. That's the nature of opportunity cost. You're sacrificing strength at the core parts of your team (i.e. RB and WR) to have better QBs. However, there's a way to mitigate the dropoff.

Understanding player archetypes and how they're deployed on the field will boost your chances of limiting your roster weaknesses. Take Collins as your WR1, for instance. He ranked inside the Top 12 in both targets per game (7.8) and aDOT (13.3), but finished outside the Top 24 in seven games.

Just taking the next available receiver shouldn't be the approach. Someone to complement Collins' volatility would raise the floor and ceiling of your budding squad. One of the Jaguars' WRs—I prefer Jakobi Meyers, after quickly developing a connection with Trevor Lawrence—with access to a reliable weekly workload on an efficient offense, would be a suitable pairing. Add in a Jordan Addison or Quentin Johnston later, both with active (read explosive) roles in passing games with good QBs, and the risk of avoiding the position earlier in the draft has diminished with the type of opportunity you've been able to acquire.

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SCAN ME!

Avoid the CHOP!

Remember these strategies in Guillotine Leagues™ to enjoy the best sweat in fantasy football

BY CHRIS ALLEN

I TELL THIS story often, but it serves as an annual reminder (at least to me) that Guillotine Leagues™ are, as the kids say, *built diff.* Anyway, it was my first year trying the format. I drafted as best I could, but I used a late-round QB approach. Lamar Jackson was on the wire after the first chop, and yours truly dropped 100% of his FAAB on the Ravens' QB1.

I was out by Week 3.

Needless to say, I've learned a bit since that disaster. Discussed strategies with some of the best in the industry. And, to get you prepped for this year's drafts, I have some insights to share before you step into the lobby.

→ Drafting

Whether you're a seasoned vet or a first-timer, these key points always help me reset my mind before I hop into a Guillotine Leagues draft.

- **The common league size is 18 people**
- **Stick to what you know (or what you think you know)**

The first bullet gets me every time. I have a hard enough time waiting 22 picks if I get the 1.01 in a standard league. Or even 12 if I get stuck in the middle. Imagine the shock of having to watch 34 players go off the board in a Guillotine League. I can hear the panic crescendo as your second round comes up.

"OK, I'll get Nico Coll–wait, he just got taken. Oh, James Cook is still ther—no, he isn't. Jaylen Warren? Oh, c'mon!"

Even in regular redraft leagues, having a Plan B, C and D can be critical to building a solid squad. It's no different here. But with fewer options available where we normally expect them to be, getting a sense of the ADP differences will help adjust our targets each round. For instance, let's play out who might be available in subsequent rounds if you had the 1.01.

- Round 2: **Josh Jacobs (redraft), Breece Hall (Guillotine)**
- Round 4: **Jaylen Waddle, RJ Harvey**

Quite the talent drop-off, right? Now, that's

not to say you can't build a winning team from an early position, or any spot for that matter. But, like in any format, how you respond to the ever-changing board is what will put you on a path to a championship. And that brings us to the second bullet. I'll use a couple of example statements to set up the point.

- ***"Ben Johnson didn't like D'Andre Swift in Detroit. Kyle Monangai will be the RB1!"***
- ***"Why draft Amon-Ra now when I can just get Jameson later?"***

We do this every year. To be clear, there's nothing wrong with trying to maximize the value of a pick by "arbitrag-ing" player projections. But remember, we need to win (or not be last) every week. Banking on a situation shifting in our favor isn't an option. If anything, let somebody else play that waiting game.

In redraft, this is like the person in your league who always believes they know the right sleepers to stash on their bench. They might hit one every now and then. But by and large, they're burning roster spots in the process. In Guillotine Leagues, the consequence of holding onto players with little to no value can be much more severe.

Ashton Jeanty is a high-end talent, but the Raiders were a bottom-12 run-blocking unit in 2024 and ran it back with the same unit in 2025.

The best way to avoid putting yourself in a similar situation is to treat uncertainty with more skepticism. Rookies are the simplest example. Sure, Ashton Jeanty is a high-end talent. But the Raiders were a bottom-12 run-blocking unit in 2024 and ran it back with the same unit for the rookie's first year. Emeka Egbuka flashed and then fizzled out over the year. Oronde Gadsden had a similar story. Essentially, focusing on more projectable workloads during the draft will allow you to be more flexible during the season.

→ Avoiding the Chop

The other mechanic to Guillotine Leagues is what changes the weekly vibe of the format. It's do or die every Thursday, Sunday and Monday. There is no, "Yeah, my WR got hurt, I've got a couple guys on the bench to cover his absence." That could mean game over. So, when it comes to lineup decisions, I can boil down my approach to another couple of bullets.

- **Floor, floor, and I can't emphasize this enough, floor**
- **Know your roster weaknesses**

In almost every other fantasy format, we're aiming for upside. For redraft, our flex spot is supposed to be the position that adds punch to our roster. The same can apply to one-week contests where ceiling outcomes are what can take down top-heavy tournaments. We just need to get through one set of games at a time for Guillotine. But here's where the draft and our roster decisions—at least in the first month—go hand in hand. Here's a common decision gamers with a mid-draft position had to wade through last year.

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- Tetairoa McMillan: **58.7 (ADP)**
- Jameson Williams: **60.2**
- David Montgomery: **60.5**
- RJ Harvey: **60.8**
- Isiah Pacheco: **60.8**
- Zay Flowers: **61.8**

I could make the case for any of them in re-draft. McMillan was walking into a WR1 role as a rookie. Williams signed an extension right as the season began. Pacheco was injured most of '24. There's a nugget with each of them worth continuing to dig in case you strike gold. But now, based on our draft discussion, let's put on our GL lenses and re-examine the list.

- **Two of them were rookies**
- **Two of the WRs come from low-volume passing teams**
- **All three RBs were, at best, the 1B of their backfield**

Their roles within their respective offenses should change how we set expectations for their workloads. Accordingly, their ability to score should also adjust. In truth, I'd have chosen one of McMillan, Montgomery or Flowers, depending on my roster to that point. That would be simply to gain more of a floor of touches until I could either replace them or their level of opportunity progresses, which dove-tails into the second bullet. Here's a potential six-round mock using this year's ADP.

- QB: **Drake Maye**
- RB: **Bijan Robinson, Bhayshul Tuten**
- WR: **Ladd McConkey, Zay Flowers, Xavier Worthy**

Regardless of how the rest of the draft shakes out, an obvious weakness will be at TE. But, to quote Marie Kondo, none of my WRs spark joy either. To offset, the usual response would be to swing for the fences. Throw in someone like Luther Burden! But, instead of focusing on ceiling, a Wan'Dale Robinson type (who had 18 targets even before Malik Nabers' injury) would be the optimal way to raise your roster's floor, keeping your roster alive for another week.

Treat uncertainty with skepticism—a rookie like Emeka Egbuka flashed but then fizzled out over last season

→ FAAB

Remember my story from the intro about incinerating all of my FAAB to get Lamar Jackson?

Easy lesson, don't be like me. But on the one hand, my blunder was on the extreme side of things. I knew I had made a mistake when I saw everyone else's totals, and I was the only one with fewer than three digits. However, in redraft, finding a gem like Jackson, or the beneficiary of a catastrophic injury, would force the same response. Unfortunately, you—me, I mean me—need to reframe your approach to spending your money.

Λ
Emeka Egbuka caught only 23 passes for 261 scoreless yards over the final eight games of his rookie year.

- **It’s OK to be cheap to start the season**
- **Don’t let perfect be the enemy of good**

The power of money is something we don’t consider in standard fantasy formats. Partly because the totals between gamers stay about the same throughout the season. Sure, you’ll get a big spender here or there. But for every large transaction, there’s someone just biding their time. However, with Guillotine Leagues, you gain an edge by holding back on the wire.

- Week 1: **$1,000 (your balance), $18,000 (league balance), 5.6% (your share of the pot)**
- Week 2: **$1,000, $17,000, 5.9%**
- Week 3: **$1,000, $16,000, 6.3%**
- Week 4: **$1,000, $15,000, 6.7%**

Remember, every week, a thousand bucks comes out of the pot. So, just by doing nothing, your strength over the waiver wire increases. And that’s assuming your leaguemates don’t acquire any free agents either. Besides, there’s another key aspect to the timing of picking up new players.

Think about the cycle of roster building during the regular season. We make slight adjustments, a trade or two as we learn more about players and their situations, and then start stashing contingent assets for the playoffs. Guillotine is no different. However, the stretch run is where we find the payoff for being stingy with our funds early. Better players—championship-winning players!—will be on the wire as stronger teams fall to the blade. And that’s why getting good replacements, not the perfect one, will keep you competing deep into the year. Let’s use that six-round mock from earlier as the final example.

- On Your Roster (after Week 1): **Bijan Robinson, Bhayshul Tuten, Rachaad White**
- On The Wire: **James Cook, Javonte Williams, Kenneth Gainwell**

I added Rachaad White, but you get the idea. Outside of Robinson, we’ve got question marks at RB. You may be able to get by a week or two, but the performance cut line is ever-rising. Again, the common reaction might be to shore up the position with a sure thing.

V
Picking up an RB like Javonte Williams can allow you to hold on to enough FAAB to make large changes come wintertime.

But, to bring it all home, we’re balancing two things: a viable floor of projectable points and enough buying power as the playoffs draw closer.

All three waiver wire options would raise the floor of your starting roster. But consider their relative cost. Cook would require the strongest bid, with the price decreasing to Gainwell. By applying our optimal approach, taking Williams would be the best of both worlds. We’d lift our total for the week and hold on to enough FAAB to make large changes come wintertime.

START A MOCK DRAFT!

SCAN ME!

Dynasty Strategy

Age cliffs and veterans to buy or sell, here's some helpful advice

BY JAKE TROWBRIDGE AND SAM WALLACE

In dynasty leagues, we're not just here for a good time, we're here for a long time. Here are some useful fantasy nuggets to help you climb to the top of your dynasty leagues and stay on top.

> KYLE PITTS

> DAVANTE ADAMS

Age Cliffhangers

Jake:
Mike Evans | WR | 49ers

I'm not so sure it's a good thing when a long-tenured receiver who seemed destined to retire with his original team suddenly heads elsewhere. Evans signing with San Francisco this offseason has a lot of folks excited. But me? I'm getting sad Julio Jones flashbacks.

After a decade spent with the Falcons, Jones went to Tennessee and immediately began fizzling out of fantasy lineups. He was beleaguered with injuries and it became painfully obvious he'd lost "it." I fear we're on a similar trajectory with Evans. In 2025, he posted career-low efficiency numbers and missed more games than in any other season due to a broken collarbone after battling repeated hamstring injuries in years past.

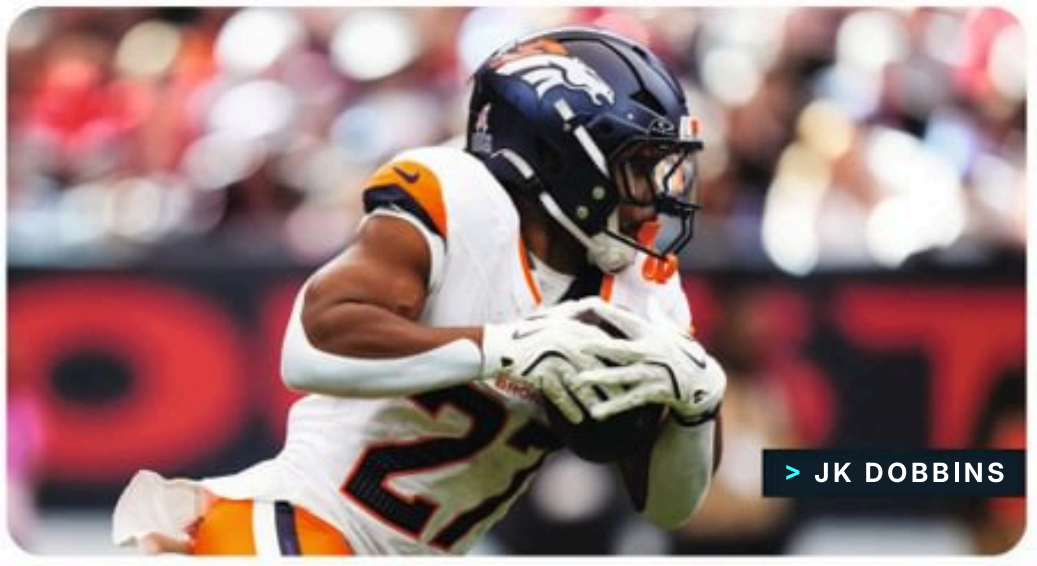
I hope I'm wrong and the 33-year-old thrives in the Bay Area. But I won't hold my breath.

Sam:
Davante Adams | WR | Rams

I'm certainly not one to bet against an All-Pro talent like Davante Adams, but his significant drop in receiving yards last season has resulted in him becoming a bit one-dimensional as a player. His 789 receiving yards were his lowest since 2015 and broke a streak of five consecutive seasons with at least 1,000 yards.

Adams is still a TD-scoring machine—14 in 2025—but his dip in targets and receptions is noteworthy. This offense now funnels through Puka Nacua. Adams could still put up a solid season, but at age 33, the writing on the wall is starting to concern me just a little bit.

> GARRETT WILSON



> JK DOBBINS

Dynasty Buys

Jake: Garrett Wilson | WR | Jets

The disrespect this man gets for consistently putting up 1,000-yard seasons with a rotating cast of "who's that?" at quarterback is astonishing. To this point in his career, Wilson has caught passes from Zach Wilson, Mike White, Trevor Siemian, Tim Boyle, Justin Fields, Tyrod Taylor and a post-Achilles rupture Aaron Rodgers. And he's never let us down in fantasy. Wilson has been playing wide receiver on All-Madden mode and he should not be punished for that.

Before getting injured in 2025, Wilson was on pace to hit the 1,000-yard mark in receiving yards for a fourth-straight season. Still in his prime, Wilson is widely valued outside the Top-10 receivers, with many dropping him even further. This is the cheapest he's been as a dynasty asset since his rookie season and I'm not missing the chance to scoop him up.

Sam: Wan'Dale Robinson | WR | Titans

Still only 25, Wan'Dale Robinson finds himself as the No. 1 option for the Tennessee Titans and second-year QB Cam Ward.

The Titans signed Robinson to a four-year, $70 million contract, which included $38 million in guaranteed money. The Titans had the fourth overall pick in this year's NFL Draft, but did not spend it on a wide receiver (update possible).

Even with the added WR help that came later in the draft, Robinson projects to quietly dominate for the Titans and dynasty managers both this season and moving forward.

^ While this is the cheapest Garrett Wilson has been as a dynasty asset since his rookie season, now is the ideal chance to sell JK Dobbins.

Dynasty Sells

Jake: Kyle Pitts | TE | Falcons

Another offseason, another opportunity to save at least one innocent person from getting steamrolled by the Kyle Pitts hype train. Please, let me untie you from the tracks before it's too late.

Did you realize that in 2025 more than 20% of Pitts' fantasy production came in one game? A game where Drake London was sidelined? That was a great week and I hope you enjoyed it, but it shouldn't inflate Pitts' dynasty value. Because in pretty much every other matchup, he offered worse fantasy outcomes than Dalton Schultz and Hunter Henry.

Sam: JK Dobbins | RB | Broncos

Whenever a team opens a window for me to sell a player with significant question marks, I'm taking advantage of that every time. This is not a knock on JK Dobbins personally, but a history of injuries and age (27) make me wary of him in dynasty formats.

Denver did dynasty managers a favor by signing him to a two-year, $16 million contract which includes $8 million guaranteed. Now is the ideal chance to sell while he still has a lead role on a solid offense with both an excellent head coach (Sean Payton) and an up-and-coming QB (Bo Nix).

Rankings updated!
Scan me for updated rankings

The Rookie Super Model

A data-centric approach to grading rookie prospects on inputs that best predict NFL production

BY DWAIN McFARLAND

^ History suggests that running backs like Arizona's Jeremiyah Love handle an average of 62% of the carries in their rookie season.

OVER THE LAST five years, we have crafted a prospect model—The Rookie Super Model—that is more predictive of future fantasy success than NFL Draft pick. The model uses draft pick, production and film grades from NFL.com to rate prospects on a 50-100 scale, providing a range of outcomes.

***Nerd Note:** The Rookie Super Model (RSM) normalizes data based on team attempts, age, strength of schedule, QB play and teammate competition for opportunities.*

→ Jeremiyah Love
RB | Cardinals

Arizona used the No. 3 overall pick on Love. While he joins an offense that doesn't project for a high TD total (26th), history says RBs like Love handle an average of 62% of the carries in their rookie season. Tyler Allgeier will see some work, but Love is an explosive playmaker with a high-touch ceiling. Love's 91 RSM Rating ranks fifth all-time, and 100% of his comparisons secured a top-6 finish by Year 3. He profiles as a mid-range RB2 with RB1 upside in 2026.

→ Jordyn Tyson
WR | Saints

New Orleans selected Tyson with the No. 8 pick, pairing him with 2025 breakout, Chris Olave. Tyson notched the highest Production Rating of all Round 1 WRs. He notched a 28% career target share (77th percentile) and 2.71 yards per route (67th percentile). With little depth behind Olave, expect Tyson to ascend to starter status immediately. His 89 RSM Rating ranks 15th all-time, and 75% of his comps secured a top-24 season by Year 3. Tyson is a borderline WR2 with upside this year.

→ Carnell Tate
WR | Titans

Tennessee added a weapon for Cam Ward, grabbing Tate with the fourth pick. While Tate wasn't as productive as Tyson in college, he played alongside multiple future Round 1 NFL Draft picks in Jeremiah Smith, Marvin Harrison Jr. and Emeka Egbuka. The model accounts for that, which helps push Tate to a 96 rating in the RSM. His comps secured a top-24 season by Year 3 75% of the time, with 38% reaching the top 6. Tate should start immediately for the Titans and projects as a low-end WR3 in 2026.

***Nerd Note:** The model could be slightly overrating Tate because of the overall weakness of the draft class, allowing him to go No. 4. The model views Tate more in line with mid-Round 1 picks historically, but his draft capital pushes him higher in the rating.*

v
At Ohio State, Carnell Tate played alongside multiple future Round 1 NFL Draft picks in Jeremiah Smith, Marvin Harrison Jr. and Emeka Egbuka.

→ Makai Lemon
WR | Eagles

The Eagles selected Lemon 20th overall to help replace A.J. Brown's production. His RSM Rating of 83 sits a tier below the top 2 rookie WRs but remains solid—50% of his 28 comps since 2017 became WR2s by Year 3. Lemon aligned in the slot 77% of snaps, raising questions about two-WR set viability, though he flashed as a vertical threat with 23% of targets traveling 20-plus yards downfield—more than Tate or Tyson. For 2026, Lemon projects as a high-end WR4 with upside.

→ Jadarian Price
RB | Seahawks

Seattle drafted Price with the final pick of Round 1, with Kenneth Walker departing in free agency and Zach Charbonnet recovering from February ACL surgery. That means Price is positioned to handle a meaningful workload for a significant chunk of the 2026 season. The RSM views Price as a reach due to minimal receiving production, a huge factor for high-end fantasy success. Still, 49% of Price's comps secured a top-36 campaign by Year 3, and 31% reached top-24 status. He profiles as a mid-range RB3 in 2026 but offers RB2 upside until Charbonnet returns.

→ KC Concepcion
WR | Browns

Concepcion was drafted by Cleveland 24th overall and will immediately challenge for the top WR role. He is a versatile

The Rookie Super Model
Check out our data-centric approach to grading rookie prospects

playmaker who can provide easy looks underneath or in the run game and can challenge the field vertically. His RSM Rating of 82 ranks fourth in the class and 32nd all-time. Concepcion's historical comps secured a top-24 season 45% of the time by Year 3. The rookie's biggest challenges in 2026 are a shaky QB situation and a target hog in Harold Fannin, both of which add risk to his outlook. Concepcion projects as a low-end WR4.

→ Kenyon Sadiq
TE | Jets

Despite drafting Mason Taylor in Round 2 last season, the Jets went back to the TE well with Sadiq at No. 16—a bet on traits over production. His 17% best-season target share ranks 45th percentile, but QBs posted a 137.9 passer rating (89th percentile) when targeting him. His RSM Rating of 85 ranks fifth in model history, and his comps secured a top-12 finish 83% of the time by Year 3. For 2026, Sadiq projects as a high-end TE2 with TE1 upside, though a questionable offense with multiple mouths to feed limits his floor.

→ Omar Cooper
WR | Jets

The Jets selected Cooper with the 30th pick overall, completing their overhaul of the receiving corps led by Garrett Wilson. Cooper didn't get going until later in his career, which slightly dampens his rating. He garnered an 80 in the RSM, a range where his comps collected a top-36 finish 47% of the time by Year 3. In a crowded Jets offense that could pull the plug on Geno Smith to get a look at rookie Cade Klubnik, there is some risk with Cooper. He projects as a WR5.

→ Fernando Mendoza
QB | Raiders

Mendoza was a prolific passer over his final two college seasons, averaging 273 yards per game in 2024 at Cal before transferring to Indiana, where he tossed 41 TDs at 9.3 yards per attempt en route to a national championship. His 68.1% completion rate ran +7.1 over expected against a 9.0 aDOT, showcasing pinpoint accuracy. He's not a designed runner but will scramble when needed. Ranked No. 9 in rookie rankings and No. 2 in superflex dynasty rankings, Mendoza's ceiling hinges on Las Vegas adding weapons beyond Brock Bowers. For 2026, he projects as a low-end QB2 who may not start immediately.

^ Germie Bernard is a versatile player who can align all over the formation and add value after the catch.

→ Chris Bell
WR | Dolphins

Bell, recovering from a torn ACL, slipped to Miami in Round 3 at pick 94, hurting his RSM Rating (70) alongside a slow collegiate start. However, he lands on the NFL's most barren WR depth chart, giving him a legitimate shot at the No. 1 role as a rookie. A size-speed freak with elite run-after-catch ability, Bell's comps produced top-36 performers only 17% of the time—but the model doesn't account for his injury-related draft slide. For 2026, he projects as a low-end WR5 with upside.

→ Denzel Boston
WR | Browns

Cleveland double-dipped at WR, securing Boston in Round 2 with the 39th pick overall. He will battle Fannin, Concepcion and Jerry Jeudy for opportunities on a team with considerable QB concerns. Boston is a big-bodied contested-catch artist who didn't get going until late in his career at Washington. His 75 RSM Rating ranks 75th all-time and seventh in the class. His comps tallied a top-36 finish 30% of the time. Boston projects as a WR6 this year.

v Denzel Boston is a big-bodied contested-catch artist who didn't get going until late in his career at Washington.

***Nerd Note:** Since 2018, nine WRs ranked 22-plus spots lower in the model than their draft position—only Rashee Rice became a fantasy producer. Boston's model-to-draft delta checks in at -24, making him one of those historically underperforming profiles. That's a legitimate red flag worth monitoring.*

→ De'Zhaun Stribling
WR | 49ers

San Francisco selected Stribling with pick 33 despite being a consensus Day 3 pick on big boards. He wasn't a high-volume target earner at Ole Miss, but his +1.0 YAC over expected aligns with his 4.36 speed in a 6-foot-2, 207-pound frame. His RSM Rating of 76 shows 43% of comps becoming WR3s by Year 3, though the model flags him as overrated—similar to Boston. The outlier comparison is Rashee Rice, a YAC monster who thrived anyway. If any coach can scheme for this archetype, it's Kyle Shanahan. For 2026, Stribling projects as a WR7 stash option.

→ Germie Bernard
WR | Steelers

Pittsburgh has a strong trio of WRs after adding Bernard with the 56th pick overall to join DK Metcalf and Michael Pittman Jr. Bernard is a versatile player who can align all over the formation and add value after the catch. His career YAC was +1.3 yards over expected. Bernard has a clear runway to the WR3 role and a 74 RSM Rating. Historically, 31% of his comps became WR3s by Year 3, so think of him as a WR4 with upside long term. Bernard projects as a WR7 stash play in deeper leagues in 2026.

→ Antonio Williams
WR | Commanders

Williams was the 71st player selected overall and has a path to early playing time on a depth chart with unknowns after Terry McLaurin. At Clemson, Williams primarily played from the slot, aligning wide only 21% of the time, and attacked the underneath zones. A whopping 64% of his targets came behind the line of scrimmage or 0-9 yards downfield. He notched a 72 RSM Rating, which has typically resulted in WR4s or WR5s. However, Williams has the opportunity to make immediate noise. He is a WR7 stash option in 2026.

The Rookie Super Model
Check out our data-centric approach to grading rookie prospects

Bold Predictions

A couple WRs bounce back and a rising star at quarterback falls out of the top 12

BY CHRIS ALLEN AND JAKE TROWBRIDGE

NOTHING like looking into the crystal ball and making some calls that people will almost certainly remember in January when they've come true. And will forget if they don't. That'll be especially true of friends and family who buy this magazine. It's time to get bold, and we're looking ahead to the coming season with some takes that may be spicy, but would we all be so surprised if they happen?

^ Clockwise from top left: Caleb Williams, Garrett Wilson, Tyler Shough and Ladd McConkey.

1. The Saints Are a Playoff Team

You know, now that I think about this take, it's not really that bold.

If I were solely a vibes guy, calling the Saints a playoff team for 2026 would be a no-brainer. Tampa's 2025 ended with a four-game losing streak before barely beating the Panthers, and then the Bucs lost their franchise leader in receiving yards. The Falcons have an injured QB1 and a reclamation project at QB2. And Carolina? Well, let's say having a regular-season record below .500 doesn't instill much confidence in their ability to repeat their Wild Card appearance. Meanwhile, NOLA was on the upswing to close out the year.

- **Passing Yards per Game: 235.2, 7th**
- **EPA per Play: 0.02, 12th**
- **Passing Success Rate: 45.8%, 11th**

Tyler Shough posted top-10 marks as a dropback passer after taking the starting job in Week 9. And he did this after losing Rashid Shaheed via trade, Devaughn Vele to an injury, and relying on castoffs or developmental players as options. Luckily, Chris Olave and Juwan Johnson were (mostly) there to keep the offense moving. Maybe that's why Shough was trying to pelt Mardi Gras bystanders with footballs. He was recruiting! Regardless, an offseason to learn more of HC Kellen Moore's offense and more additions in the draft should put the Saints on everyone's list for playing football in the Wild Card round.

—CHRIS ALLEN

2. Ladd McConkey Is Back in the Top 12

Yes, I'm going to be obstinate and insist that Ladd McConkey will be (and has been) a top-12 WR. But after rostering him (in too many leagues) last season, I get the hesitancy.

- **Target Share: 26% (2024), 21% (2025)**
- **Catchable Target Rate: 79%, 71%**
- **Play-Action Target Rate: 36%, 24%**

Everything took a step back for the sophomore in '25. From McConkey's workload to the quality of passes thrown his way, buying into the guy who ended his rookie campaign with 197 yards and a score felt like the biggest rug pull of the year. But we should be able to project an improvement in both aspects of McConkey's second-year demise.

Keenan Allen's departure (and the team's unhurried posture to re-sign him) puts McConkey back in the WR2 discussion right away. The Chargers' all-time receptions leader was Justin Herbert's go-to guy. It's why McConkey's target share in obvious passing situations dropped to second on the team, along with his opportunities in the red zone. A season with McConkey back in the top spot would at least give us more games with the ball going his way. And the condition of those looks should go up after their offseason additions.

Justin Herbert was pressured on 42.8% of his dropbacks last season. Accordingly, L.A. added two linemen and a blocking TE in free agency. The team should also get a boost from the return to health of tackles Rashawn Slater and Joe Alt. Plus, with new OC Mike McDaniel stressing his desire for "easy completions," a receiver with McConkey's route-running skills will vault into the Top 12 by season's end.

—CHRIS ALLEN

3. Garrett Wilson Has Career Year and Lands in the Top 8

One could argue that veteran QB Geno Smith is exactly what Garrett Wilson needs right now

I don't like to speak in hyperbole so I'll just say that Garrett Wilson is the most underappreciated receiver in fantasy football history. Wilson kicked off his career with three straight 1,000-yard seasons despite catching passes from a Who's Who of "why them?" including Zach Wilson, Mike White, Trevor Siemian, Tim Boyle and late-stage Aaron Rodgers coming off an Achilles tear. This man should be awarded a medal from the state of New Jersey.

Last year, in the five healthy games paired with Justin Fields, he was the WR6 in fantasy points per game. Would I like to see Wilson get paired up with a bona fide stud quarterback? Obviously, but Lamar Jackson's not walking through that door. One could argue that Geno Smith is exactly what the fifth-year wide receiver needs right now: a consistent, veteran QB who'd rather sling the ball than scramble.

Smith also said the magic words about Wilson when he returned to the Jets earlier this offseason: "It's my job to get him the ball and get him the ball early." That should be music to every fantasy manager's ears.

—JAKE TROWBRIDGE

4. Caleb Williams Falls Back Outside the Top 12

We all remember Williams' opening-drive magic and fourth-quarter theatrics, but what about the stuff that happened in between? Among quarterbacks who threw the ball at least 200 times in 2025, Williams was second from the bottom in completion percentage, above only Shedeur Sanders. His percentage of On Target throws was also second worst, better than just JJ McCarthy. Even diehard Arlington Heights Bears fans have to admit those are scary stats! And although Williams has some rushing upside, it's not to the level that we can disregard his passing numbers.

I'm also expecting a fair amount of bouncebacks from quarterbacks who disappointed last season. Can Williams outpace a healthy Joe Burrow, Lamar Jackson or Brock Purdy? Or Justin Herbert with a healthy offensive line? For Williams to finish as a QB1 in fantasy next season, he'll likely need to achieve Josh Allen-esque growth in his third year. I'm not counting on it.

—JAKE TROWBRIDGE

Expert projections! *Data-driven insights to make informed decisions*

QBs

× CAPSULES 32
× SLEEPERS 44
× INSIGHT 46

THE QB LEAGUE WINNER

Jaxson Dart

Fantasy managers got a taste last season of just how good Jaxson Dart could be in fantasy football, but in 2026 we're going to see his full potential. In 2025, Dart was able to start only 12 games due to injuries and some questionable coaching decisions, but he managed to finish his rookie season throwing for 2,272 yards, 15 touchdowns and just 5 interceptions. And what makes Dart a fantasy asset are his legs—he also rushed for 487 yards and 9 touchdowns.

Once Dart was named the starting quarterback in Week 4, the fantasy upside was palpable. His 13% designed rush share was second among all signal-callers, and during that span Dart averaged 20.5 points per game (8th). Throughout the whole season, Dart averaged the third-most fantasy points per dropback (0.66).

So can we get this for a full season? The Giants tabbed John Harbaugh to be their new head coach and he has gotten to work over the offseason ensuring he's building the team around the quarterback and creating a "high-powered offense."

Dart completed a league-low 34% of his passes under pressure this past season, and Harbaugh's experience building around a quarterback with dual-threat ability will certainly help elevate his game. The second-year quarterback also must focus on protecting himself in 2026. Last season, Dart entered the NFL's concussion protocol four times in four months and while everyone loves to see gritty players, the Giants and Harbaugh must focus on the fine line between Dart's fearless mindset and putting himself in harm's way.

Harbaugh is leaning on his new offensive coordinator Matt Nagy, who spent the past three seasons as the Kansas City Chiefs' OC. Was this a home run hire? Not in the slightest. There were shortcomings during his time in Chicago—the Bears ranked ninth in scoring in Nagy's first season as head coach in 2018 before the offensive production plummeted with Chicago ranking 29th, 22nd and 27th, respectively, in scoring in his final three seasons.

STAT CHECK

13%

*THE DESIGNED RUSH SHARE **JAXSON DART** POSTED AS A ROOKIE, WHICH RANKED SECOND AMONG NFL QUARTERBACKS IN 2025*

The better news is that the Giants added weapons for Dart to utilize this season. Isaiah Likely was brought over from the Ravens and could be the potential No. 2 target in 2026 with his downfield abilities. According to ESPN, the Ravens last season (under Harbaugh) used 12 personnel the third most in the NFL at 35.9%.

We also can't forget that the Giants have superstar Malik Nabers, who has only had three passes thrown his way from Dart. Nabers is recovering from a torn ACL, so there is potential he is unable to start Week 1, but he still holds elite upside and the chemistry between him and Dart could be unstoppable.

Overall, Dart has flashed too many times for me to not believe something bigger is coming. His rushing ability provides a safer fantasy floor, but we can't ignore the upgrades the Giants have provided going into his second season.

—KENDALL VALENZUELA

Rankings updated!
Scan me for updated rankings

> JAXSON DART

Quarterbacks

BY MATTHEW FREEDMAN

The quarterback position has seen an evolution over time in fantasy football. Back in the stone ages before the internet, fantasy managers would draft them almost on a par with running backs. Then we saw the dawn of the late-round and streaming strategies, where people loaded up early at other positions and attacked QBs late. Then came unicorns like Lamar Jackson, Josh Allen, Jalen Hurts, and now phenoms Drake Maye, Jayden Daniels and Caleb Williams, those dual-threat studs who pile up points with their legs (and a few tush pushes). Rushing quarterbacks have definitely become game-changers, especially during the fantasy playoffs when they could win games all by themselves. Here are breakdowns on the top 35 QBs for fantasy football heading into the 2026 season.

1 Josh Allen Buffalo Bills

Allen has been a top-2 fantasy QB in every season since 2020, and last year he was the No. 1 QB with 23.2 points per game. Even without longtime No. 1 WR Stefon Diggs, Allen has improved as a passer over the past two seasons (8.2 AY/A vs. 7.2 in first six years), and under OC Joe Brady, he has had 12+ TDs rushing in each of the past three campaigns. With Brady now elevated to HC, Allen's usage and productivity should remain intact.

TEAM	SEASON	GAMES	PASS ATT	PASS COMP	PASS COMP%	PASS YARDS	PASS TDS	PASS INTS	RUSH ATT	RUSH YARDS	RUSH TDS	FANTASY POINTS	FANTASY POINTS PER GAME
Bills	2025	17	460	319	69.3%	3,668	25	10	112	579	14	364.6	21.4
	2026	16	479	320	66.8%	3,654	25.2	10.5	109.7	556.4	13.4	372.5	23.3

2 Lamar Jackson Baltimore Ravens

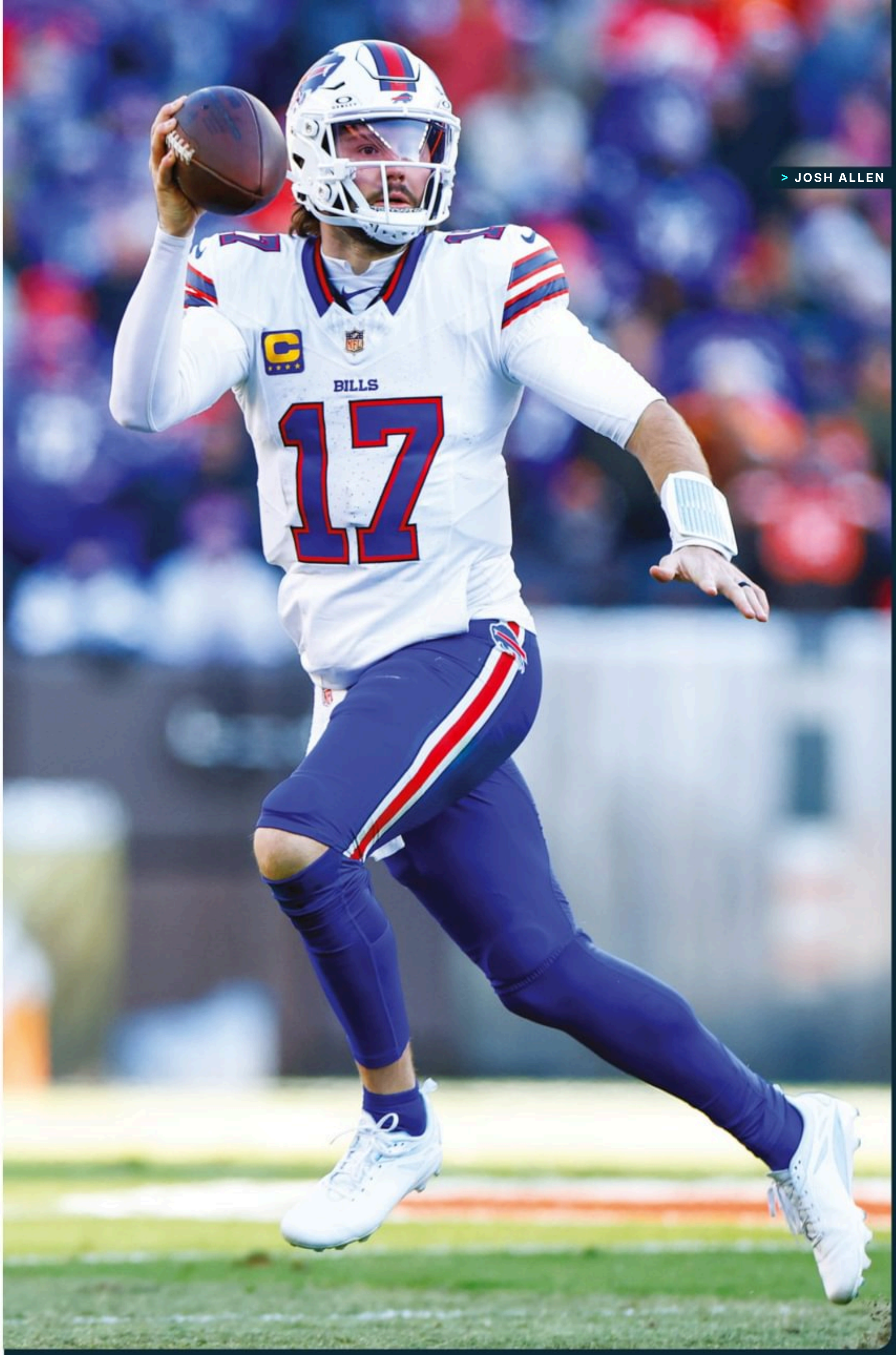
Jackson seemed ready for a change after an injury-hampered 2025, and that's what he got with the departures of former HC John Harbaugh and OC Todd Monken. But not all changes are good: Harbaugh championed Jackson early in his career, and Monken helped him become the NFL's most efficient passer over the past three years (9.4 AY/A). Coming off a career-low 26.8 rushing yards per game last season and paired with new and inexperienced OC Declan Doyle, the 29-year-old two-time MVP enters an uncertain era.

TEAM	SEASON	GAMES	PASS ATT	PASS COMP	PASS COMP%	PASS YARDS	PASS TDS	PASS INTS	RUSH ATT	RUSH YARDS	RUSH TDS	FANTASY POINTS	FANTASY POINTS PER GAME
Ravens	2025	13	302	192	63.6%	2,549	21	7	67	349	2	214.9	16.5
	2026	15.5	435	283	65.1%	3,513	26.1	8.4	106.9	621.0	3.3	318.4	20.5

3 Jalen Hurts Philadelphia Eagles

Hurts entered 2025 as reigning Super Bowl MVP, but then he underwhelmed (again) as a passer (201.5 yards per game, 193.5 in 2024) and also a runner (421 yards, 8 TDs). Additionally, last year the "Tush Push" no longer seemed unstoppable, and this offseason OL coach Jeff Stoutland departed. Now Hurts enters 2026 with his seventh playcaller in seven years, and OC Sean Mannion has no play-calling experience and just two years as a coach. Eagles fly, but like all creatures, they also die.

TEAM	SEASON	GAMES	PASS ATT	PASS COMP	PASS COMP%	PASS YARDS	PASS TDS	PASS INTS	RUSH ATT	RUSH YARDS	RUSH TDS	FANTASY POINTS	FANTASY POINTS PER GAME
Eagles	2025	16	454	294	64.8%	3,224	25	6	105	421	8	299.1	18.7
	2026	16	473	309	65.3%	3,449	22.6	8.3	112.9	473.7	9.1	322.0	20.1



> JOSH ALLEN

4 Jayden Daniels Washington Commanders

Daniels looked like the future of the league in his 2024 OROY-winning debut, but in 2025 he played just seven games because of multiple injuries, and his efficiency declined (6.9 AY/A vs. 7.6; 4.8 yards per carry vs. 6.0). He hopes to rebound in 2026, but No. 1 WR Terry McLaurin turns 31 years old in September, and OC David Blough has no play-calling experience and just two seasons as a coach. In abundance, Daniels has both upside and downside.

TEAM	SEASON	GAMES	PASS ATT	PASS COMP	PASS COMP%	PASS YARDS	PASS TDS	PASS INTS	RUSH ATT	RUSH YARDS	RUSH TDS	FANTASY POINTS	FANTASY POINTS PER GAME
Commanders	2025	7	188	114	60.6%	1,262	8	3	58	278	2	114.3	16.3
	2026	16	475	309	65.1%	3,377	21.6	8.5	127.4	747.2	4.7	315.9	19.7

5 Joe Burrow Cincinnati Bengals

Burrow missed half of last year, but in his six weeks after returning from injury he averaged 270.0 yards passing, and in his full 2024 campaign, he had an NFL-high 4,918 yards and 43 TDs. Burrow has offered little as a runner over the past few years (9.4 yards per game), but he's still one of the league's best pocket passers, and he has one of the league's best receiving groups, led by WRs Ja'Marr Chase and Tee Higgins. Business as usual.

TEAM	SEASON	GAMES	PASS ATT	PASS COMP	PASS COMP%	PASS YARDS	PASS TDS	PASS INTS	RUSH ATT	RUSH YARDS	RUSH TDS	FANTASY POINTS	FANTASY POINTS PER GAME
Bengals	2025	8	259	173	66.8%	1,809	17	5	14	41	0	134.5	16.8
	2026	16	582	393	67.5%	4,102	33.6	10.6	37.0	146.1	0.9	307.9	19.2

6 Drake Maye New England Patriots

Maye ultimately failed to win MVP in 2025, and his postseason performance underwhelmed (6.4 AY/A), but last year in the regular season he finished No. 1 in AY/A (9.5) and composite EPA + CPOE (0.223). With his willingness to attack downfield (9.3-yard aDOT) and abandon the pocket for easy rushing yards (10% scramble rate), Maye has an elevated fantasy ceiling and solid weekly floor. Last year, he was a speculative late-round gamble. This year, he's a locked-in early-round cornerstone.

TEAM	SEASON	GAMES	PASS ATT	PASS COMP	PASS COMP%	PASS YARDS	PASS TDS	PASS INTS	RUSH ATT	RUSH YARDS	RUSH TDS	FANTASY POINTS	FANTASY POINTS PER GAME
Patriots	2025	17	492	354	72.0%	4,394	31	8	103	450	4	352.0	20.7
	2026	16	480	333	69.4%	3,746	25.2	9.5	90.3	435.3	3.5	305.7	19.1

7 Caleb Williams Chicago Bears

Williams struggled with accuracy last year (58.1% completion rate), and he regressed as a runner (388 yards vs. 489 in 2024), but he still improved in his first season with HC Ben Johnson (7.3 AY/A vs. 6.5), and he passed for 618 yards and 4 TDs in the playoffs (two games). The No. 7 QB in 2025 (18.3 fantasy points per game), Williams has strong skill-position talent around him and could catapult himself into the top 5 this year.

TEAM	SEASON	GAMES	PASS ATT	PASS COMP	PASS COMP%	PASS YARDS	PASS TDS	PASS INTS	RUSH ATT	RUSH YARDS	RUSH TDS	FANTASY POINTS	FANTASY POINTS PER GAME
Bears	2025	17	568	330	58.1%	3,942	27	7	77	388	3	318.7	18.7
	2026	16	525	318	60.6%	3,646	25.9	6.0	72.9	390.1	2.5	297.5	18.6

8 Brock Purdy San Francisco 49ers

Purdy missed eight games in 2025, but he was still the No. 6 QB with 18.8 fantasy points per game, and since entering the league in 2022 he's No. 1 in composite EPA + CPOE (0.167). Purdy isn't a dual-threat dynamo, but he has contributed as a runner over the past two years (19.6 yards per game), and HC Kyle Shanahan is an elite playcaller. Purdy's skill-position support isn't elite, but with WRs Mike Evans and Christian Kirk, it should be better in 2026.

TEAM	SEASON	GAMES	PASS ATT	PASS COMP	PASS COMP%	PASS YARDS	PASS TDS	PASS INTS	RUSH ATT	RUSH YARDS	RUSH TDS	FANTASY POINTS	FANTASY POINTS PER GAME
49ers	2025	9	284	197	69.4%	2,167	20	10	33	147	3	177.4	19.7
	2026	16	491	334	68.0%	3,884	29.0	14.0	56.4	243.6	3.8	304.5	19.0

9 Trevor Lawrence Jacksonville Jaguars

Lawrence entered the NFL in 2021 as a promised prince, and he flashed his potential in 2022 (4,113 yards, 25 TDs passing), but he regressively plateaued in 2023-24 (6.8 AY/A). Fortunately, 2025 brought new HC Liam Coen, who guided Lawrence to a career-best campaign (4,007 yards, 29 TDs passing, 82-359-9 rushing). With WRs Brian Thomas, Jakobi Meyers, Parker Washington, and Travis Hunter and TE Brenton Strange to support him, Lawrence could finally become a king in 2026.

TEAM	SEASON	GAMES	PASS ATT	PASS COMP	PASS COMP%	PASS YARDS	PASS TDS	PASS INTS	RUSH ATT	RUSH YARDS	RUSH TDS	FANTASY POINTS	FANTASY POINTS PER GAME
Jaguars	2025	17	560	341	60.9%	4,007	29	12	82	359	9	338.2	19.9
	2026	16	526	330	62.7%	3,776	24.6	11.8	68.8	318.1	5.8	304.3	19.0

10 Dak Prescott Dallas Cowboys

Prescott is No. 4 in passing yards per game (262.2) in the half decade since suffering a devastating ankle injury in 2020, and last season he proved himself still one of the league's best pocket passers (4,552 yards, 30 TDs). Prescott has offered little as a rusher over the past two years (9.2 yards per game), but WRs CeeDee Lamb and George Pickens and a porous defense should help him reach his fifth 4,000-yard passing campaign, the injury gods permitting.

TEAM	SEASON	GAMES	PASS ATT	PASS COMP	PASS COMP%	PASS YARDS	PASS TDS	PASS INTS	RUSH ATT	RUSH YARDS	RUSH TDS	FANTASY POINTS	FANTASY POINTS PER GAME
Cowboys	2025	17	600	404	67.3%	4,552	30	10	53	177	2	313.8	18.5
	2026	16	570	383	67.2%	4,249	28.8	10.1	46.3	175.7	1.8	303.4	19.0

11 Justin Herbert Los Angeles Chargers

Herbert had a career-high 498 yards rushing last year, and this year his overall situation is better: Injured OTs Rashawn Slater and Joe Alt should return to health, new OC Mike McDaniel should be an upgrade over former playcaller Greg Roman, and Herbert's young supporting players—WRs Ladd McConkey and Quentin Johnston, TE Oronde Gadsden, RB Omarion Hampton—should continue to develop. With ball-control HC Jim Harbaugh, Herbert's unlikely to pass for 5,000 yards again, but 4,000 in the air and 500 on the ground are achievable.

TEAM	SEASON	GAMES	PASS ATT	PASS COMP	PASS COMP%	PASS YARDS	PASS TDS	PASS INTS	RUSH ATT	RUSH YARDS	RUSH TDS	FANTASY POINTS	FANTASY POINTS PER GAME
Chargers	2025	16	512	340	66.4%	3,727	26	13	83	498	2	286.9	17.9
	2026	16	509	336	66.0%	3,696	25.0	9.0	70.0	369.9	2.4	290.2	18.1

12 Jaxson Dart New York Giants

Dart was a top-3 fantasy QB last year with 23.1 points per game in seven rookie starts with HC Brian Daboll thanks to his league-high 16% designed rush share. But after Daboll's dismissal and Dart's midseason concussion, the team curtailed his called rush attempts (7%). New OC Matt Nagy (as Bears HC) helped second-year QB Mitch Trubisky progress significantly in 2018. Maybe he can do the same for Dart now, but it's worrisome that his 2023-25 Chiefs offenses never ranked higher than No. 15 in scoring.

TEAM	SEASON	GAMES	PASS ATT	PASS COMP	PASS COMP%	PASS YARDS	PASS TDS	PASS INTS	RUSH ATT	RUSH YARDS	RUSH TDS	FANTASY POINTS	FANTASY POINTS PER GAME
Giants	2025	14	339	216	63.7%	2,272	15	5	86	487	9	241.6	17.3
	2026	16	458	294	64.2%	3,252	20.4	7.4	92.0	554.7	6.0	295.8	18.5

13 Patrick Mahomes Kansas City Chiefs

Mahomes is no guarantee to start Week 1 after suffering a season-ending knee injury in December 2025, and the Chiefs haven't ranked higher than No. 15 in scoring since 2023. With HC Andy Reid, the Chiefs should never be discounted, and Mahomes played like a true hero last season (No. 2 QB with 20.4 fantasy points per game, career-high 30.1 rushing yards per game), but his injury uncertainty and the team's roster fragility make him a risk-seeking fantasy option.

TEAM	SEASON	GAMES	PASS ATT	PASS COMP	PASS COMP%	PASS YARDS	PASS TDS	PASS INTS	RUSH ATT	RUSH YARDS	RUSH TDS	FANTASY POINTS	FANTASY POINTS PER GAME
Chiefs	2025	14	502	315	62.7%	3,587	22	11	64	422	5	285.7	20.4
	2026	15.5	542	352	64.9%	3,915	25.7	11.2	52.8	308.4	2.0	291.0	18.8

14 Kyler Murray Minnesota Vikings

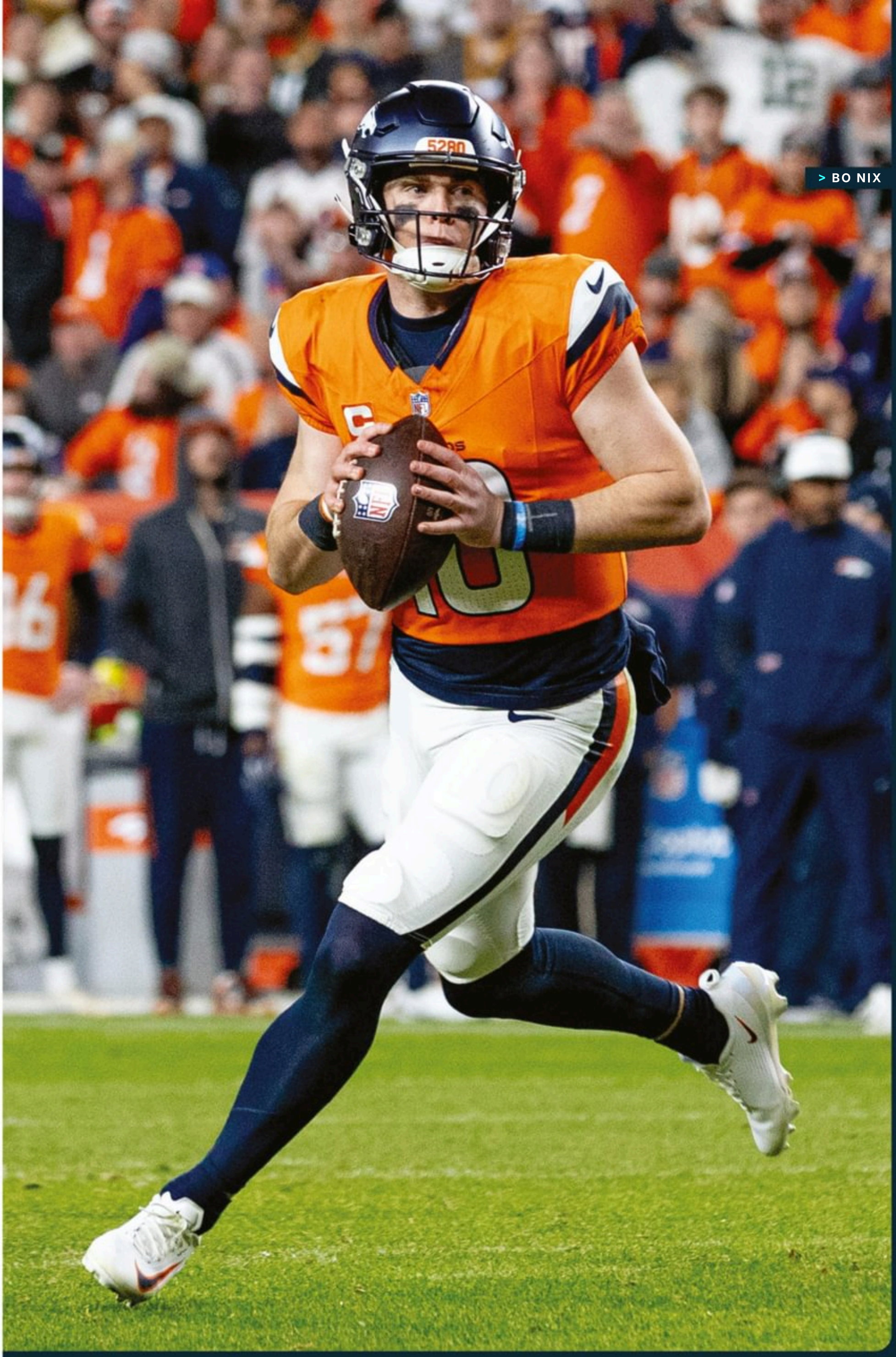
Murray is the living, breathing, *Call of Duty*-playing reminder that mediocrity is sometimes worse than misery. The 2019 OROY, Murray was a Pro Bowler in his second and third seasons (7.5 AY/A, 41.4 rushing yards per game), but since then he has regressed (6.5, 34.3). With his running ability, Murray is always a livable fantasy option, but he's rarely a desirable one, and that might remain the case now, even with the Vikings, HC Kevin O'Connell and WR Justin Jefferson.

TEAM	SEASON	GAMES	PASS ATT	PASS COMP	PASS COMP%	PASS YARDS	PASS TDS	PASS INTS	RUSH ATT	RUSH YARDS	RUSH TDS	FANTASY POINTS	FANTASY POINTS PER GAME
Cardinals	2025	5	161	110	68.3%	962	6	3	29	173	1	77.8	15.6
	2026	15	485	327	67.4%	3,322	20.9	9.5	76.9	471.4	3.8	276.9	18.5

15 Bo Nix Denver Broncos

Nix is No. 32 in AY/A (6.57) since entering the league two years ago, right below Jacoby Brissett (6.64) and ahead of Mac Jones (6.56). If not for solid rushing production (23.1 yards per game) and strong pass volume (an NFL-high 1,179 attempts), Nix wouldn't warrant consideration outside of superflex leagues. Embodying the difference between viability and desirability, Nix might meet expectations, but he's unlikely to exceed them enough to punish those who pass on him, barring a significant third-year surge.

TEAM	SEASON	GAMES	PASS ATT	PASS COMP	PASS COMP%	PASS YARDS	PASS TDS	PASS INTS	RUSH ATT	RUSH YARDS	RUSH TDS	FANTASY POINTS	FANTASY POINTS PER GAME
Broncos	2025	17	612	388	63.4%	3,931	25	11	83	356	5	304.8	17.9
	2026	16	552	356	64.5%	3,700	24.5	10.6	79.8	349.4	4.0	294.3	18.4


> BO NIX

16 Matthew Stafford Los Angeles Rams

Stafford is fresh off an MVP campaign thanks to his NFL-leading passing production (4,707 yards, 46 TDs): Even at 38 years old, he's still an elite pocket passer. For 2026, Stafford seems likely to regress from his 2025 numbers (8.8 AY/A, 7.7% TD rate) toward his half-decade stats with the Rams (7.8, 5.6%), but even so, with WRs Puka Nacua and Davante Adams and HC Sean McVay, his fantasy floor is just a couple levels below the penthouse.

TEAM	SEASON	GAMES	PASS ATT	PASS COMP	PASS COMP%	PASS YARDS	PASS TDS	PASS INTS	RUSH ATT	RUSH YARDS	RUSH TDS	FANTASY POINTS	FANTASY POINTS PER GAME
Rams	2025	17	597	388	65.0%	4,707	46	8	29	1	0	350.4	20.6
	2026	16	543	351	64.6%	4,126	30.8	9.5	25.8	30.0	0.3	283.5	17.7

17 Jared Goff Detroit Lions

Goff had a typical performance in 2025 (4,564 yards, 34 TDs passing), despite the absence of former OC Ben Johnson. New OC Drew Petzing never had a top-10 offense with the 2023-25 Cardinals, but last year Goff proved he can still produce with a non-Johnson playcaller. As important as coordinator is, HC Dan Campbell and the team's elite skill-position support matter more to Goff than Petzing does. He probably won't make the top 5, but Goff also feels unlikely to finish far outside the top 10.

TEAM	SEASON	GAMES	PASS ATT	PASS COMP	PASS COMP%	PASS YARDS	PASS TDS	PASS INTS	RUSH ATT	RUSH YARDS	RUSH TDS	FANTASY POINTS	FANTASY POINTS PER GAME
Lions	2025	17	578	393	68.0%	4,564	34	8	19	45	0	297.1	17.5
	2026	16	544	367	67.5%	4,242	29.6	9.6	23.5	39.0	0.6	286.0	17.9

18 Jordan Love Green Bay Packers

Love impressed in 2023 in his first starting season (4,159 yards, 32 TDs passing), and since then he has improved as a passer (8.1 AY/A vs. 7.4), even though his per-game numbers have declined (225.7 passing yards vs. 244.6). Assuming HC Matt LaFleur stays sharp and TE Tucker Kraft returns from a season-ending ACL injury, Love will have a shot at a top-5 fantasy finish this year if he's able to "variance" his way into a few more dropbacks each week.

TEAM	SEASON	GAMES	PASS ATT	PASS COMP	PASS COMP%	PASS YARDS	PASS TDS	PASS INTS	RUSH ATT	RUSH YARDS	RUSH TDS	FANTASY POINTS	FANTASY POINTS PER GAME
Packers	2025	15	439	291	66.3%	3,381	23	6	47	199	0	235.1	15.7
	2026	16	490	320	65.3%	3,699	25.8	8.8	40.4	173.9	1.5	268.8	16.8

19 Baker Mayfield Tampa Bay Buccaneers

Mayfield regressed last year (3,693 yards, 26 TDs passing) after putting up back-to-back Pro Bowl campaigns (8,544 yards, 69 TDs), but that should've been expected after losing OCs Dave Canales and Liam Coen to HC gigs. New OC Zac Robinson didn't oversee an elite offense with the 2024-25 Falcons, but it was at least respectable (Nos. 6 and 14 in yardage), and Mayfield is better than an unproven Michael Penix and old Kirk Cousins. A full rebound feels unlikely, but a partial Mayfield bounceback seems reasonable.

TEAM	SEASON	GAMES	PASS ATT	PASS COMP	PASS COMP%	PASS YARDS	PASS TDS	PASS INTS	RUSH ATT	RUSH YARDS	RUSH TDS	FANTASY POINTS	FANTASY POINTS PER GAME
Buccaneers	2025	17	543	343	63.2%	3,693	26	11	55	382	1	271.9	16.0
	2026	16	512	331	64.6%	3,690	25.9	11.2	53.9	306.8	1.5	279.7	17.5

20 Tyler Shough New Orleans Saints

Shough fell in the NFL Draft because of his advanced age, but last year he looked like a typical 26-year-old veteran, not a second-round rookie, especially after the Week 11 bye, when he produced as both a passer (256.9 yards per game) and runner (25.0 yards). Because of his age, Shough might be closer to his ceiling than the typical second-year player, but he still could take a step forward in 2026 with a full offseason to prepare as the starter.

TEAM	SEASON	GAMES	PASS ATT	PASS COMP	PASS COMP%	PASS YARDS	PASS TDS	PASS INTS	RUSH ATT	RUSH YARDS	RUSH TDS	FANTASY POINTS	FANTASY POINTS PER GAME
Saints	2025	11	327	221	67.6%	2,384	10	6	45	186	3	158.0	14.4
	2026	16	537	357	66.5%	3,814	20.0	10.5	67.6	288.5	3.7	273.1	17.1

21 C.J. Stroud Houston Texans

Stroud was unfathomably bad in two playoff games last year (3.5 AY/A, 5 INTs, 5 fumbles), and that was after two seasons of disappointing play (7.0 AY/A). Long gone are the glory days of Stroud's 2023 OROY campaign (273.9 yards passing per game), and with little career rushing (13.2 yards per game) to offset his diminished aerial production, he feels like the kind of late-round selection better rostered on someone else's team.

TEAM	SEASON	GAMES	PASS ATT	PASS COMP	PASS COMP%	PASS YARDS	PASS TDS	PASS INTS	RUSH ATT	RUSH YARDS	RUSH TDS	FANTASY POINTS	FANTASY POINTS PER GAME
Texans	2025	14	423	273	64.5%	3,041	19	8	48	209	1	208.5	14.9
	2026	16	524	335	63.9%	3,795	22.6	9.6	52.3	226.7	1.5	264.3	16.5

22 Malik Willis Miami Dolphins

Willis had first-round hype as a 2022 prospect, but he fell to Day 2 because of his raw playing style and height (just under 6-foot-1). Indeed, Willis was unrefined in his first two years with the Titans (3.3 AY/A, 17.5% sack rate), but he revitalized his career in the two following seasons as the Packers backup (12.3 AY/A, 12-174-3 rushing in three starts). Now the Dolphins starter, Willis has an uncertain future, but his upside makes him a worthy late-round bet.

TEAM	SEASON	GAMES	PASS ATT	PASS COMP	PASS COMP%	PASS YARDS	PASS TDS	PASS INTS	RUSH ATT	RUSH YARDS	RUSH TDS	FANTASY POINTS	FANTASY POINTS PER GAME
Packers	2025	4	35	30	85.7%	422	3	0	22	123	2	51.2	12.8
	2026	16	438	278	63.5%	3,002	14.3	8.7	95.9	601.8	5.3	260.6	16.3

23 Daniel Jones Indianapolis Colts

Jones revived his career last season with the Colts (career-best 8.1 AY/A), but then he suffered a Week 14 season-ending Achilles tear, and before his Week 12 calf/fibula injury, "Vanilla Vick" had exhibited less enthusiasm as a runner (14.3 yards per game vs. 31.1 in 2019-24 with Giants). Jones hopes to be ready for Week 1, but that's not a guarantee, nor is a repeat of his 2025 success. Sometimes skeptics are realists with cooler clothes.

TEAM	SEASON	GAMES	PASS ATT	PASS COMP	PASS COMP%	PASS YARDS	PASS TDS	PASS INTS	RUSH ATT	RUSH YARDS	RUSH TDS	FANTASY POINTS	FANTASY POINTS PER GAME
Colts	2025	13	384	261	68.0%	3,101	19	8	45	164	5	226.4	17.4
	2026	16	498	328	65.9%	3,499	21.1	11.1	64.1	237.3	3.9	260.4	16.3

24 Sam Darnold Seattle Seahawks

Over the past three seasons, Darnold has benefited from the play-calling triumvirate of Kyle Shanahan, Kevin O'Connell and Klint Kubiak, and since he returned to the starting ranks two years ago he has been an efficient passer (8.2 AY/A). But the Super Bowl 60 winner has also been loose with the ball (26 INTs, 19 fumbles) and marginal as a runner (9.0 yards per game), and new OC Brian Fleury is unlikely to be as good as Shanahan, O'Connell and Kubiak are. Darnold is rosterable, but not irresistible.

TEAM	SEASON	GAMES	PASS ATT	PASS COMP	PASS COMP%	PASS YARDS	PASS TDS	PASS INTS	RUSH ATT	RUSH YARDS	RUSH TDS	FANTASY POINTS	FANTASY POINTS PER GAME
Seahawks	2025	17	477	323	67.7%	4,048	25	14	35	95	0	235.4	13.8
	2026	16	484	321	66.3%	3,813	24.8	12.7	39.3	136.3	1.0	258.7	16.2

25 Cam Ward Tennessee Titans

Ward will probably improve in his second season, especially with the overhaul of the coaching staff (HC Robert Saleh, OC Brian Daboll), but his rookie campaign—though littered with brilliant gunslinging highlights—was flat-out bad (5.8 AY/A, 59.8% completion rate, league-high 55 sacks). Given that Ward had minimal rushing production last year (39-159-2) and still has questionable skill-position support this year, the No. 1 selection in the 2025 NFL Draft seems unlikely to enjoy a significant amount of sophomore success.

TEAM	SEASON	GAMES	PASS ATT	PASS COMP	PASS COMP%	PASS YARDS	PASS TDS	PASS INTS	RUSH ATT	RUSH YARDS	RUSH TDS	FANTASY POINTS	FANTASY POINTS PER GAME
Titans	2025	17	540	323	59.8%	3,169	15	7	39	159	2	186.7	11.0
	2026	16	546	338	61.9%	3,438	19.3	9.7	40.0	171.5	2.0	234.2	14.6

26 Bryce Young Carolina Panthers

Young has improved throughout his career. As a rookie, he was abysmal (5.0 AY/A, 2-14). In his second season, he was benchable (6.0, 4-8). This past season, he was almost tolerable (6.2, 8-8). Still, there's a chasm between "almost tolerable" and "fantasy viable," and Young's on the wrong side of that divide. Last year he was still No. 31 in passing efficiency, and his rushing regressed (54-216-2 vs. 43-249-6 in 2024). Young is better than he was, but he's not yet good.

TEAM	SEASON	GAMES	PASS ATT	PASS COMP	PASS COMP%	PASS YARDS	PASS TDS	PASS INTS	RUSH ATT	RUSH YARDS	RUSH TDS	FANTASY POINTS	FANTASY POINTS PER GAME
Panthers	2025	16	478	304	63.6%	3,011	23	11	54	216	2	218.0	13.6
	2026	16	495	311	62.8%	3,115	22.0	10.8	50.1	246.4	2.7	242.6	15.2

27 Fernando Mendoza Las Vegas Raiders

Mendoza entered college as a run-of-the-mill pocket passer but exited as a national champion and Heisman Trophy winner. With multiple starting campaigns and a different OC/playcaller each year, Mendoza is about as seasoned as a rookie can be. He offers little as a runner (276 yards in 2025), but his passing ability is unquestioned (3,535 yards, 41 TDs, FBS-best 10.8 AY/A). Blessed with speedy processing and solid poise, Mendoza has the tools to develop into an average NFL starter.

TEAM	SEASON	GAMES	PASS ATT	PASS COMP	PASS COMP%	PASS YARDS	PASS TDS	PASS INTS	RUSH ATT	RUSH YARDS	RUSH TDS	FANTASY POINTS	FANTASY POINTS PER GAME
Played in college for Indiana in 2025													
	2026	13	416	264	63.5%	2,792	14.8	9.0	43.7	211.9	1.8	193.9	14.9

> SAM DARNOLD

28 Jacoby Brissett Arizona Cardinals

Brissett will presumably compete with Gardner Minshew to start, but he's likely the frontrunner. A consummate journeyman, Brissett is on his sixth team since 2020 and will probably be just a bridge to a 2027 rookie, but last year for the Cardinals he averaged 280.5 yards passing in his 12 starts, and over the past four seasons he hasn't been terribly inefficient (6.9 AY/A). You (and the Cardinals) could do better than Brissett, but you could also do worse.

TEAM	SEASON	GAMES	PASS ATT	PASS COMP	PASS COMP%	PASS YARDS	PASS TDS	PASS INTS	RUSH ATT	RUSH YARDS	RUSH TDS	FANTASY POINTS	FANTASY POINTS PER GAME
Cardinals	2025	14	485	315	64.9%	3,366	23	8	38	168	1	227.4	16.2
	2026	11	377	242	64.2%	2,516	15.4	6.0	31.9	140.3	0.9	175.7	16.0

29 Geno Smith New York Jets

In the words of Rust Cohle from *True Detective*: "This is a world where nothing is solved. Someone once told me 'Time is a flat circle.' Everything we've ever done or will do we're gonna do over and over and over again." In his first two NFL seasons as the Jets starter, Smith had a 5.6 AY/A. In the following decade, 7.3. Last year, 5.9. And now he's once again the Jets starter. Logos change, but sacks and INTs remain.

TEAM	SEASON	GAMES	PASS ATT	PASS COMP	PASS COMP%	PASS YARDS	PASS TDS	PASS INTS	RUSH ATT	RUSH YARDS	RUSH TDS	FANTASY POINTS	FANTASY POINTS PER GAME
Raiders	2025	15	448	302	67.4%	3,025	19	17	41	109	0	173.9	11.6
	2026	16	516	344	66.7%	3,665	21.1	15.1	42.5	137.4	0.9	235.0	14.7

30 Aaron Rodgers Pittsburgh Steelers

Rodgers no longer plays like a four-time MVP, but he was just as good last year in his first season with the Steelers (7.0 AY/A) as he was in 2022 in his last campaign with the Packers (6.8 AY/A). The team has upgraded with the additions of playcalling HC Mike McCarthy and WR Michael Pittman, and Rodgers—if his offseason Pat McAfee Show appearances are to be believed—is in peak physical form. Rodgers' beard might now be gray, but his arm still has plenty of color.

TEAM	SEASON	GAMES	PASS ATT	PASS COMP	PASS COMP%	PASS YARDS	PASS TDS	PASS INTS	RUSH ATT	RUSH YARDS	RUSH TDS	FANTASY POINTS	FANTASY POINTS PER GAME
Steelers	2025	16	498	327	65.7%	3,322	24	7	21	61	1	227.1	14.2
	2026	16	549	358	65.2%	3,625	24.9	8.8	16.6	73.3	0.4	245.5	15.3

31 Tua Tagovailoa Atlanta Falcons

Tagovailoa in 2022 had an NFL-high 9.2 AY/A. In 2023, he had a league-best 4,624 yards passing. In 2024, he had a 72.9% completion rate—the third-highest all-time mark. And yet last season he struggled (6.2 AY/A), so now he's on the Falcons via a one-year deal. But with starter Michael Penix (knee) recovering from injury, Tagovailoa (who has done more in his career than Penix) might get a chance to play in Week 1 and eventually steal the No. 1 job.

TEAM	SEASON	GAMES	PASS ATT	PASS COMP	PASS COMP%	PASS YARDS	PASS TDS	PASS INTS	RUSH ATT	RUSH YARDS	RUSH TDS	FANTASY POINTS	FANTASY POINTS PER GAME
Dolphins	2025	14	384	260	67.7%	2,660	20	15	20	43	0	160.7	11.5
	2026	9	300	204	68.0%	2,163	14.7	8.6	15.9	40.0	0.2	141.9	15.8

32 Deshaun Watson Cleveland Browns

It's been two years since Watson has started an NFL game, and six years since he played at a high level. That 2020 season with 4,823 yards passing and 33 TDs, along with 444 yards and 3 TDs on the ground, was fun for fantasy. But it sure feels like a long time ago. Watson is going into a QB competition with Shedeur Sanders, and it's hard to picture there being a true winner for Cleveland. Tough year to be a Browns pass catcher.

TEAM	SEASON	GAMES	PASS ATT	PASS COMP	PASS COMP%	PASS YARDS	PASS TDS	PASS INTS	RUSH ATT	RUSH YARDS	RUSH TDS	FANTASY POINTS	FANTASY POINTS PER GAME
Did not play in 2025 (injured)													
	2026	7	212	129	60.8%	1,424	7.5	4.4	31.5	161.3	1.1	105.3	15.0

33 Shedeur Sanders Cleveland Browns

Sanders wasn't much worse last year than fellow rookie and No. 1 pick Cam Ward (5.1 AY/A vs. 5.8). But compared to first-rounder Jaxson Dart (6.9) and second-rounder Tyler Shough (7.1), he looked like the fifth-rounder that he was. He might improve this season with the addition of offensive HC Todd Monken, selection of WR Carnell Tate in the draft, and development of stud TE Harold Fannin, but Sanders seems likelier to be a short-term sacrificial scapegoat than a long-term NFL starter.

TEAM	SEASON	GAMES	PASS ATT	PASS COMP	PASS COMP%	PASS YARDS	PASS TDS	PASS INTS	RUSH ATT	RUSH YARDS	RUSH TDS	FANTASY POINTS	FANTASY POINTS PER GAME
Browns	2025	8	212	120	56.6%	1,400	7	10	21	169	1	84.9	10.6
	2026	10	312	181	58.0%	2,074	10.7	9.5	30.5	191.2	1.1	142.0	14.2

34 Michael Penix Atlanta Falcons

Penix displayed passing aptitude last year (7.3 AY/A), but in Week 11 he suffered his third ACL tear since 2018. On the positive: The third-year pro hopes to be ready for Week 1, and this is only his first left ACL tear. On the negative: He'll likely miss most of training camp, he offers nothing as a runner (6.8 yards per start for career), and the team signed veteran Tua Tagovailoa to compete with him. The downside seems greater than the upside.

TEAM	SEASON	GAMES	PASS ATT	PASS COMP	PASS COMP%	PASS YARDS	PASS TDS	PASS INTS	RUSH ATT	RUSH YARDS	RUSH TDS	FANTASY POINTS	FANTASY POINTS PER GAME
Falcons	2025	9	276	166	60.1%	1,982	9	3	21	70	1	120.3	13.4
	2026	8	266	162	60.9%	1,902	9.0	4.5	19.4	64.2	1.0	120.0	15.0

35 J.J. McCarthy Minnesota Vikings

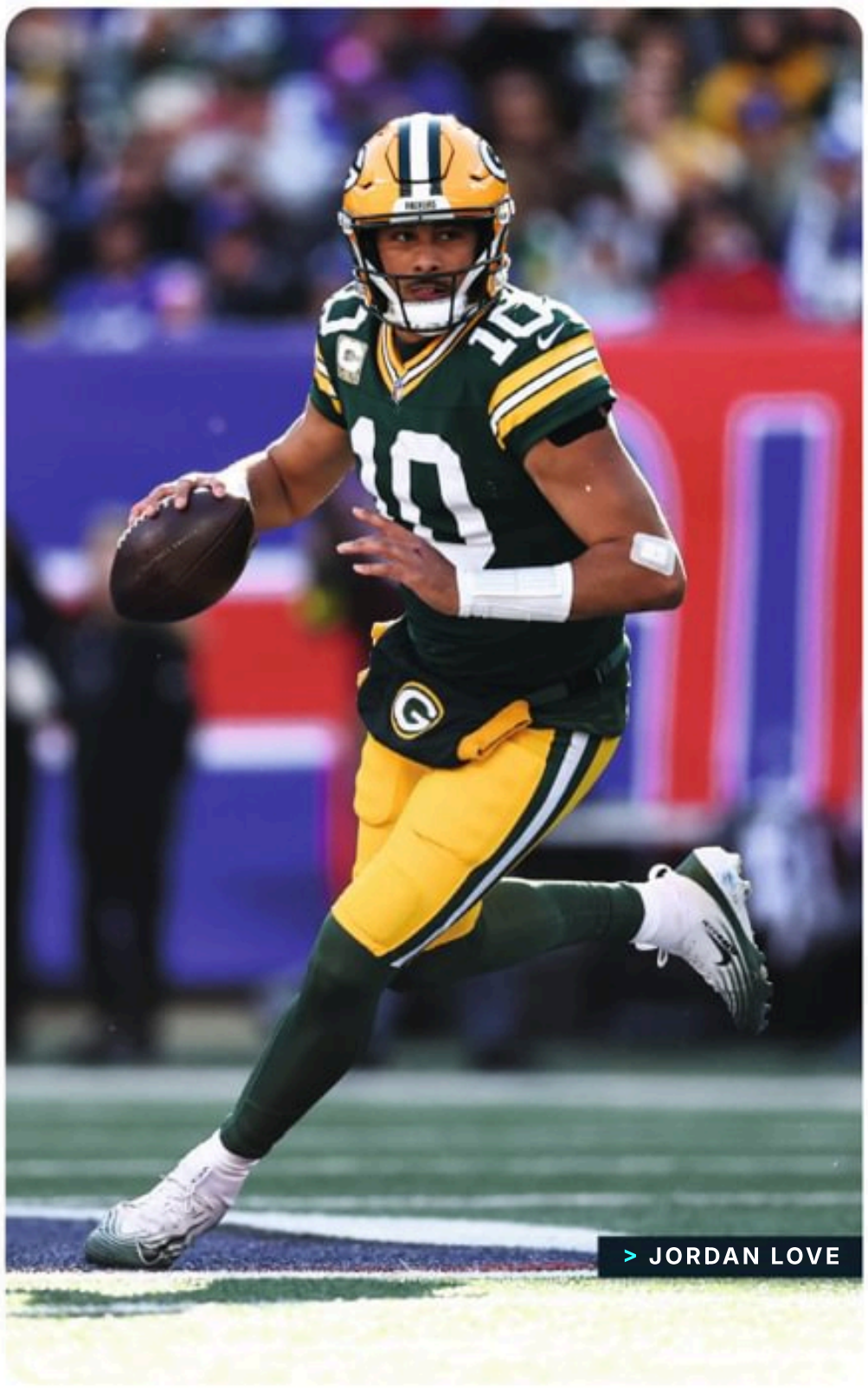
This much can be said for McCarthy: Last year, he played better than undrafted third-string rookie Max Brosmer (5.4 AY/A vs. 2.1). But he also didn't play as well as injured backup Carson Wentz (6.6) or former teammates Sam Darnold (8.2) or Daniel Jones (8.1). With HC Kevin O'Connell and WR Justin Jefferson, the third-year pro will have the necessary support for success if he can win the starting job—but he probably lacks the skills to do so. Sayonara, "Nine."

TEAM	SEASON	GAMES	PASS ATT	PASS COMP	PASS COMP%	PASS YARDS	PASS TDS	PASS INTS	RUSH ATT	RUSH YARDS	RUSH TDS	FANTASY POINTS	FANTASY POINTS PER GAME
Vikings	2025	10	243	140	57.6%	1,632	11	12	37	181	4	125.4	12.5
	2026	2	63	37	58.7%	412	2.4	2.3	8.2	40.9	0.5	30.9	15.5

Quarterback Sleepers

Draft one of these quarterbacks as your backup and see them start for your team before long

Sure, drafting Josh Allen is great and all. He's almost a lock to finish top 2 among QBs, but what about the RBs, WRs and TEs you're passing up in that range? If you want to take a pass, the quarterback position is deep. There are plenty options to take later in drafts, even sleepers like these three who could be starters on your squad before long.



> JORDAN LOVE

Jordan Love
Green Bay Packers

Jordan Love is going to be the quarterback I wait for in drafts in 2026. It doesn't look like we're going to get a Jayden Daniels or Drake Maye type later-round quarterback that we're pounding the table for, but Love might be the closest guy for me.

In 15 regular-season starts in 2025, Love completed 66.3% of his passes for 3,381 yards, 23 touchdown passes and 6 interceptions. He finished as the QB16 in overall fantasy points last season, averaging 16.5 fantasy points per game.

The idea of Love being my sleeper quarterback hinges upon the team getting a little more away from the ground game and focusing on Love's arm and the receivers around him. He attempted only 439 passes in 2025, the seventh fewest in the NFL.

Romeo Doubs (who led all of the Packers' wide receivers in total snaps in 2025) is out of the picture, and a lot will be asked of Tucker Kraft, Christian Watson and Matthew Golden this season.

The Packers are still going to run the ball and rotate their receivers, but Love could be the quarterback who drastically outperforms his ADP in 2026 if they give him more of a runway.

— KENDALL VALENZUELA

Love finished as the QB16 in fantasy points last season

Kyler Murray
Minnesota Vikings

Kyler Murray got benched for Jacoby Brissett in 2025. That happened. We can't erase it. But Murray is a dual-threat—the cheat code for fantasy QBs. He doesn't get the short-yardage TDs like Josh Allen and Jalen Hurts, but his run game involvement pays dividends. From 2019 to 2024, he never finished worse than QB11 in fantasy points per game—including three seasons averaging fewer than 227 passing yards.

Now he lands with the Vikings, in Kevin O'Connell's offense alongside Justin Jefferson. The only QB to fail in Minnesota since O'Connell arrived is Murray's competition: J.J. McCarthy.

2022: 283 yards/game, 1.8 TDs (Kirk Cousins)

2023: 275 yards/game, 1.8 TDs (Cousins, Joshua Dobbs, Nick Mullens)

2024: 258 yards/game, 2.1 TDs (Sam Darnold)

2025: 189 yards/game, 1.1 TDs (McCarthy, Carson Wentz)

Murray has limitations as a passer, but so did Mullens and Wentz, who averaged 261 and 243 yards, respectively. And on a $1.3M prove-it deal, the 28-year-old former No. 1 overall pick should be highly motivated. Darnold turned one year in Minnesota into a three-year, $100M contract with Seattle.

Over the last three seasons, Murray has averaged 4.7 fantasy points on rushing alone. Modest passing improvement locks him into the top 12. A Darnold-type year makes him a top-6 QB. He's going off the board as QB17. Sign. Me. Up.

—DWAIN McFARLAND

Malik Willis
Miami Dolphins

Pick a passing efficiency stat and there's a good chance that Willis leads the league in it over the past two seasons. EPA per dropback, completion percentage over expected, yards per attempt, passer rating, explosive pass play rate–first! Hell, yeah!

The sample size is small, and Willis is going from a well-schemed Packers offense with a solid crop of playmakers to … one of the worst on-paper situations in the NFL (aside from De'Von Achane). Seriously: This WR room is ROUGH … but does that really matter in fantasy football land? The simple argument for Willis emerging as THE late-round QB of 2026: The man is *fast* and lethal as a rusher.

Since 2014, there have been 34 QBs with 100+ rush attempts in a season, and 31 of them (91%) finished as a top-12 fantasy QB in fantasy points per game! 31 of 34! And I'm talking per-game numbers here!

Ultimately, we're looking at a 26-year-old dual-threat talent who has at least flashed the ability to operate the toughest position in sports at a very high level. We've seen guys like Justin Fields, Tim Tebow, and even Taysom Hill operate as anyone's idea of a bad real-life QB … while still racking up all sorts of fantasy goodness. Don't be surprised if Willis manages to dodge, duck, dip, dive and dodge his way to a top-12 finish in 2026.

—IAN HARTITZ

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QB Breakout, Do Not Draft, Dynasty Darling

→ **Breakout:**
Cam Ward
Tennessee Titans

Last season Matthew Stafford, Trevor Lawrence and Caleb Williams all were either waiver wire pickups or selected in the double-digit rounds, then ended up among the top 5 at the position. This happens on a yearly basis at the QB position. Could either of these three signal-callers follow suit?

Let's get the bad news out of the way first. Ward was sacked an NFL-high 55 times last year behind one of the league's worst offensive lines on one of the league's worst offenses.

Otherwise, how was the play, Mrs. Lincoln?

Yes, his final stat line (3,169 yards, 15 touchdowns, 7 interceptions) does not look like it points to a 2026 breakout, but there is plenty of room for optimism.

Over his final eight games of the season, Ward found his footing and completed 62% of his passes for a 10:1 touchdown-to-interception ratio. He closed the year with a QB14 and QB13 finish before injuring his shoulder in Week 18.

This offseason, the Titans made a concentrated effort to get him more weapons. They handed Wan'Dale Robinson a four-year, $70 million deal to give Ward a reliable underneath option.

Carnell Tate was taken No. 4 overall to supercharge the offense. Second-year WR Elic Ayomanor is 21. Explosive returner Chimere Dike is 22. Breakout TE Gunnar Helm is 23.

The best part is you can stack the entire Titans passing game in the late rounds of your drafts. Tate is the only one going before pick 100 in drafts.

If Ward takes that leap, every single one of these players is grossly mispriced. Don't just select Ward, make a concentrated bet on the entire offense and get multiple things right for the price of one.

— **PETE OVERZET**

→ Do Not Draft:
Jordan Love
Green Bay Packers

Here's how I'll couch my stance on avoiding Jordan Love, aka "The Last QB I Know I Can Draft Before Talent Falls Off A Cliff." First, on a positive beat, he's performed like a top-10 passer in every season since becoming the starter. Love's had high marks in EPA per dropback and passing success rate, even as his supporting cast has evolved. However, the shifts this offseason carry the most concern.

Green Bay's offensive line took a step back, putting Love under duress on a career-high 39.5% of his drop-backs, and they're returning four of the five starters. And the Packers' pass-catching corps? Well, let's go with hope as a plan. Romeo Doubs, the WR responsible for 20% of Love's passing yards and a quarter of his explosive plays and TDs, is in New England.

Doubs' replacement? Well, that's a good question. Matthew Golden functioned only as an outside receiver in five of 12 games. His target share crested 10.0% in two of them. Christian Watson is a vertical threat as a flanker. And Jayden Reed, even if he did play on the perimeter, has still struggled to play a larger role in the offense. All of this before we get into how Tucker Kraft, the TE1 through Week 8, may or may not be coming off his ACL injury.

Again, I have no doubt HC Matt LaFleur and Love will cook up some way to make their way through the NFC North. And I see that my friend Kendall Valenzuela has Love as her QB sleeper, which I can see because he does have a 32-TD season already in his career. But after back-to-back seasons outside the top 12 QBs, I'll root for Love in real life, while letting some-one else handle him in fantasy.

— CHRIS ALLEN

→ Dynasty Darling:
Tyler Shough
New Orleans Saints

Age is a factor to consider in dynasty formats, but it doesn't matter as much when it comes to QBs. That's what makes Tyler Shough such an enticing dynasty darling heading into the 2026 season.

Over his final eight games last season, he averaged nearly 23 points per game. His underlying metrics are strong as well. Shough averaged 2.0 designed rush attempts, 1.9 scrambles and nearly 20 rushing yards per game. Those are more than serviceable numbers for a first-year QB whose only legit weapon was WR Chris Olave.

New Orleans offers a fantasy-friendly environment that Shough should thrive in. In 2025, led by first-year HC and rising offensive mind Kellen Moore, the Saints ran no-huddle 22.7% of the time, trailing only the Washington Commanders. They also averaged a league-leading 2.2 plays per minute.

The Saints also project to be much better on offense next season. They added Travis Etienne to bolster their backfield and then drafted Jordyn Tyson and Bryce Lance to team up with Olave. The stars are aligning for Shough to have a highly productive season which, at his current price point, makes him the ideal dynasty darling at QB.

—SAM WALLACE

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THE RB LEAGUE WINNER

Chase Brown

The fantasy football world always seems to come up with new, fun, interesting ways of presenting data in our never-ending quest to better predict the future of a sport that uses a ball that isn't even round. And yet, fantasy analysis on running backs in particular still seems to more or less come down to the following four factors:

Talent: Is the RB, you know, good at football?

Offensive environment: Is the QB good? Is the offensive line good? Are there ample fantasy-friendly red-zone opportunities?

Workload: Is the team willing to feed this running back north of 300 opportunities throughout the course of a 17-game season?

Age/injury: Are there any red flags in terms of age or a concerning injury that the RB is returning from?

And guess what: Cincinnati Bengals running back Chase Brown checks each of these boxes with enough flying colors to believe that he is firmly capable of (again) working as a league-winning asset in fantasy football land.

→ Talent

Brown's standing as a former fifth-round pick doesn't exactly make him a "generational" prospect, but we're also looking at a guy who has managed to average 4.3 yards per carry in three career seasons behind a Cincy offensive line that has ranked as PFF's 26th, 30th and 28th-ranked unit, respectively, since 2023. Throw in 137 career catches and blistering straight-line speed—Brown's top-career ballcarrier time of 22.05 miles per hour makes him the NFL's third-fastest RB since 2023 per Next-Gen Stats—and at a minimum, we have a certifiably good professional running back here.

→ Offensive environment

Yes, the Bengals' aforementioned lackluster offensive line shouldn't be considered a strength by any stretch of the imagination. Also yes, the presence of near-consensus top-5 QB Joe Burrow has still helped this offense rank seventh, seventh, and sixth in points per game during the three seasons that he's been healthy enough to start more than 10 games. You don't need all 10 of your fingers to count the number of offensive environments we'd rather have a workhorse running back operate from.

→ Workload

Brown has racked up 283 and 301 touches during the last two seasons. While the Bengals have been willing to shed some carries to guys like Zack Moss and Samaje Perine, Brown has consistently been THE running back, posting ELITE snap rates of at least 80% on 11 separate occasions since 2024. The associated high-end pass-game role (fourth most targets among RBs last season) helped Brown post the position's sixth-best overall Utilization Score in 2025.

→ Age/injury

As the great Cal Naughton Jr. once said: The best ability is availability. Credit to Brown for playing in 33 of a possible 34 games during the last two seasons, as the 5-foot-10, 210-pounder hasn't dealt with anything too serious since a rookie-year hamstring injury landed him on injured reserve. Throw in the fact that Brown just turned 26 in March—firmly in the 22-27 prime range that has featured 84% of the position's top-performing fantasy options over the last decade.

—IAN HARTITZ

> CHASE BROWN

Rankings updated!
Scan me for updated rankings

Running Backs

BY MATTHEW FREEDMAN

The running back position experienced a renaissance two seasons ago, as Saquon Barkley, Bijan Robinson, and Derrick Henry, among others, had us partying like it was the early 2000s. Barkley became just the ninth player in NFL history to reach the hallowed 2,000-yard mark, and he might have threatened Eric Dickerson's NFL record of 2,105 if he had played in Week 18. Six players surpassed the workhorse mark of 300 carries, and 16 surpassed 1,000 rushing yards, as Barkley, Henry and Josh Jacobs showed in 2024 that RBs on their second contracts can still dominate both on the field and in our game.

So what did running backs do for an encore last season? Despite the fact that only four surpassed 300 carries—Jonathan Taylor, Christian McCaffrey, James Cook and Henry—a total of 17 surpassed 1,000 rushing yards. Do we trust the position again and pick almost solely RBs in the first round like it's the 1990s? What we do know: Zero RB drafters are going to pass up some players who could really boost other people's fantasy teams if things break right (looking at you, injury gods).

1 Jahmyr Gibbs Detroit Lions

Gibbs has put up 3,768 yards and 38 TDs on 493 carries and 157 targets over the past two seasons. That could be the entire blurb, but there's more: His Utilization Score jumped up from 81 to 91 in 2025, and he could have a bigger workload in 2026 given that he's nearing his age peak (24 years old) and the Lions traded away former No. 2 RB David Montgomery. Locked in for 225+ carries and 75+ targets, Gibbs is good to go.

TEAM	SEASON	GAMES	RUSH ATT	RUSH YARDS	RUSH TDS	TARGETS	REC	REC YARDS	REC TDS	TOTAL YARDS	HALF-PPR FANTASY POINTS	HALF-PPR POINTS PER GAME	UR★ SCORE
Lions	2025	17	243	1,223	13	94	77	616	5	1,839	328.4	19.3	91
	2026	15.5	261	1,307	14.1	83	66	522	3.4	1,829	320.9	20.7	

2 Bijan Robinson Atlanta Falcons

Robinson was the consensus No. 1 RB last year in fantasy drafts, and he delivered: He finished with an NFL-high 2,298 scrimmage yards, and he was the only RB to post top-5 production in each of Weeks 15-17 ("fantasy playoffs"). Still just 24 years old, he has an uncertain QB situation (Michael Penix tore his ACL in November), but Robinson's three-down skill set (287 carries, 103 targets last year) should neutralize any circumstantial negativity. In all formats, Robinson is a candidate to be the No. 1 RB.

TEAM	SEASON	GAMES	RUSH ATT	RUSH YARDS	RUSH TDS	TARGETS	REC	REC YARDS	REC TDS	TOTAL YARDS	HALF-PPR FANTASY POINTS	HALF-PPR POINTS PER GAME	UR★ SCORE
Falcons	2025	17	287	1,478	7	103	79	820	4	2,298	331.3	19.5	95
	2026	15.5	260	1,275	8.6	93	74	631	3.9	1,906	302.6	19.5	

> JAHMYR GIBBS

3 Christian McCaffrey San Francisco 49ers

McCaffrey will be 30 years old when the season kicks off in September, and he's coming off the least efficient performance of his career (4.8 yards per opportunity) since his rookie campaign. That said, he was No. 1 in 2025 with an elite 98 Utilization Score, he put up 2,126 yards and 17 TDs from scrimmage, and the 49ers offense seems likely to flow through him once again in 2026. McCaffrey won't dominate forever, but the beginning of his end is not necessarily nigh.

TEAM	SEASON	GAMES	RUSH ATT	RUSH YARDS	RUSH TDS	TARGETS	REC	REC YARDS	REC TDS	TOTAL YARDS	HALF-PPR FANTASY POINTS	HALF-PPR POINTS PER GAME	UR★ SCORE
49ers	2025	17	311	1,202	10	129	102	924	7	2,126	365.6	21.5	98
	2026	15.5	262	1,089	9.2	91	77	652	5.3	1,741	299.6	19.3	

4 Jonathan Taylor Indianapolis Colts

Taylor has missed 16 games over the past half decade, but that's what RBs do: They miss games. When on the field, Taylor has been an elite per-game producer with 110.1 yards and 0.93 TDs from scrimmage since his 2021 first-team All-Pro campaign. At 27 years old, Taylor is still explosive enough to put up 1,500+ yards and 15+ TDs: He had 1,963 and 20 last season. With Taylor, the question isn't production. It's whether he'll be durable enough to play 15+ games.

TEAM	SEASON	GAMES	RUSH ATT	RUSH YARDS	RUSH TDS	TARGETS	REC	REC YARDS	REC TDS	TOTAL YARDS	HALF-PPR FANTASY POINTS	HALF-PPR POINTS PER GAME	UR★ SCORE
Colts	2025	17	323	1,585	18	55	46	378	2	1,963	339.3	20.0	90
	2026	15.5	287	1,359	12.9	55	46	355	1.6	1,714	281.4	18.2	

5 James Cook Buffalo Bills

Cook has only 78 targets in his two full seasons with former OC and new HC Joe Brady as the playcaller, and that relative lack of pass-catching usage theoretically caps his ceiling. Even so, Cook has 3,179 total yards and 32 TDs in 33 games since 2024. With 5.1 yards per carry for his career, Cook is an elite runner—evidenced by his NFL-high 1,621 rushing yards last year—and his overall opportunity and efficiency seem likely to remain intact for 2026.

TEAM	SEASON	GAMES	RUSH ATT	RUSH YARDS	RUSH TDS	TARGETS	REC	REC YARDS	REC TDS	TOTAL YARDS	HALF-PPR FANTASY POINTS	HALF-PPR POINTS PER GAME	UR★ SCORE
Bills	2025	17	309	1,621	12	40	33	291	2	1,912	285.7	16.8	76
	2026	15.5	269	1,292	10.5	37	31	261	2.2	1,553	247.0	15.9	

6 Kenneth Walker Kansas City Chiefs

Walker has missed 10 games across his four-year career, but even so he has averaged 1,140 yards and 7.8 TDs from scrimmage per season. While Walker has seldom been a three-down workhorse, he probably has the capacity for it based on his well-rounded career workload (821 carries, 161 targets) and elite postseason production (417 yards, 4 TDs in three games). If the Chiefs give him his usage, the Super Bowl 60 MVP should hit career-best marks this season.

TEAM	SEASON	GAMES	RUSH ATT	RUSH YARDS	RUSH TDS	TARGETS	REC	REC YARDS	REC TDS	TOTAL YARDS	HALF-PPR FANTASY POINTS	HALF-PPR POINTS PER GAME	UR★ SCORE
Seahawks	2025	17	221	1,027	5	36	31	282	0	1,309	176.4	10.4	55
	2026	15.5	239	1,086	8.6	59	49	393	2.0	1,479	236.0	15.2	

7 Saquon Barkley Philadelphia Eagles

Barkley enters this season 29 years old, but over the past four years he has averaged 1,647 yards and 11 TDs from scrimmage per campaign and missed just three games to injury. New OC Sean Mannion has never called plays before, and crucial OL coach Jeff Stoutland is gone. The Eagles offense is at risk of falling apart. Yet Barkley's odds of getting 250+ carries and 50+ targets are about as good as they've ever been, and that kind of usage demands respect.

TEAM	SEASON	GAMES	RUSH ATT	RUSH YARDS	RUSH TDS	TARGETS	REC	REC YARDS	REC TDS	TOTAL YARDS	HALF-PPR FANTASY POINTS	HALF-PPR POINTS PER GAME	UR★ SCORE
Eagles	2025	16	280	1,140	7	50	37	273	2	1,413	213.8	13.4	82
	2026	15.5	283	1,272	8.8	50	38	282	1.9	1,554	238.6	15.4	

8 De'Von Achane Miami Dolphins

Achane exploded as a rookie in limited action (997 yards, 11 TDs in 11 games), and then in his two follow-up campaigns he proved himself to be a legitimate three-down dominator with 3,337 yards and 24 TDs on 441 carries and 172 targets in 33 games. He was especially strong last year, when he ranked as the No. 3 RB in Utilization Score (92). Concerns about his size (191 pounds) and the absence of former HC Mike McDaniel are valid, but Achane still has league-winning juice.

TEAM	SEASON	GAMES	RUSH ATT	RUSH YARDS	RUSH TDS	TARGETS	REC	REC YARDS	REC TDS	TOTAL YARDS	HALF-PPR FANTASY POINTS	HALF-PPR POINTS PER GAME	UR★ SCORE
Dolphins	2025	16	238	1,350	8	85	67	488	4	1,838	289.3	18.1	92
	2026	15.5	235	1,081	6.3	79	61	418	1.9	1,499	229.6	14.8	

9 Ashton Jeanty Las Vegas Raiders

Jeanty "disappointed" last year as a rookie … with 1,321 yards and 10 TDs … on the league's worst team. As far as letdowns go, that's pretty good, and in his six games after former OC Chip Kelly's dismissal, he was the No. 5 RB in Utilization Score (85). With new HC Klint Kubiak and QB Fernando Mendoza, the Raiders will likely be better this year, and Jeanty independently will probably enjoy some natural second-season progression. In 2026, the potential should turn into production.

TEAM	SEASON	GAMES	RUSH ATT	RUSH YARDS	RUSH TDS	TARGETS	REC	REC YARDS	REC TDS	TOTAL YARDS	HALF-PPR FANTASY POINTS	HALF-PPR POINTS PER GAME	UR★ SCORE
Raiders	2025	17	266	975	5	73	55	346	5	1,321	217.6	12.8	84
	2026	15.5	264	1,108	7.7	70	56	361	1.9	1,469	232.5	15.0	

10 Derrick Henry Baltimore Ravens

Henry enters his 11th NFL season looking like a T-800 Terminator: He's older and maybe a little stiffer and less versatile than the newer models, but he's also indestructible. In two seasons with the Ravens, he has 3,859 and 34 TDs in 34 games (despite joining the team at 30 years old). With new OC Declan Doyle, the Ravens offense is a question mark—but Henry isn't. Bold prediction: In 2030, Henry will break Emmitt Smith's all-time career rushing record of 18,355 yards.

TEAM	SEASON	GAMES	RUSH ATT	RUSH YARDS	RUSH TDS	TARGETS	REC	REC YARDS	REC TDS	TOTAL YARDS	HALF-PPR FANTASY POINTS	HALF-PPR POINTS PER GAME	UR★ SCORE
Ravens	2025	17	307	1,595	16	21	15	150	0	1,745	272.0	16.0	68
	2026	15.5	289	1,404	12.7	22	19	174	0.8	1,578	248.3	16.0	

11 Omarion Hampton Los Angeles Chargers

Hampton missed eight games last year with an ankle injury, which lingered into the second half of the season and impacted his usage, but even so he had a promising rookie campaign (737 yards, 5 TDs in nine games), and in his four weeks with a snap rate of at least 65% he had 415 yards and 3 TDs. With the expected return of OTs Rashawn Slater and Joe Alt and the addition of OC Mike McDaniel, a healthy Hampton could go off.

TEAM	SEASON	GAMES	RUSH ATT	RUSH YARDS	RUSH TDS	TARGETS	REC	REC YARDS	REC TDS	TOTAL YARDS	HALF-PPR FANTASY POINTS	HALF-PPR POINTS PER GAME	UR★ SCORE
Chargers	2025	9	124	545	4	35	32	192	1	737	119.7	13.3	78
	2026	15.5	244	1,098	8.5	53	45	279	1.6	1,377	220.8	14.2	

12 Chase Brown Cincinnati Bengals

Brown has compiled 2,806 yards and 22 TDs on 461 carries and 153 targets over the past two seasons, and last year in his eight games with QB Joe Burrow he excelled with 694 yards and 9 TDs. What's more: In the fantasy playoffs (Weeks 15-17), he went off with 340 and 5. While he has middling efficiency (4.8 yards per touch since 2024), Brown's three-down functionality should make it hard for anyone to replace him in the Bengals backfield.

TEAM	SEASON	GAMES	RUSH ATT	RUSH YARDS	RUSH TDS	TARGETS	REC	REC YARDS	REC TDS	TOTAL YARDS	HALF-PPR FANTASY POINTS	HALF-PPR POINTS PER GAME	UR★ SCORE
Bengals	2025	17	232	1,019	6	88	69	437	5	1,456	248.1	14.6	85
	2026	15.5	208	891	5.8	71	60	478	3.5	1,369	222.7	14.4	

13 Jeremiyah Love Arizona Cardinals

Love is only 20 years old, he just went No. 3 in the draft, he won the 2025 Doak Walker Award as the nation's top RB, and in his final two college seasons he put up 3,014 yards and 40 TDs from scrimmage in 28 games. With a three-down skill set and workhorse size (214 pounds), Love could produce like a fantasy first-rounder as a rookie. He's probably not 2018 Saquon Barkley, but he could easily be 2023 Bijan Robinson or 2016 Ezekiel Elliott.

TEAM	SEASON	GAMES	RUSH ATT	RUSH YARDS	RUSH TDS	TARGETS	REC	REC YARDS	REC TDS	TOTAL YARDS	HALF-PPR FANTASY POINTS	HALF-PPR POINTS PER GAME	UR★ SCORE
Played in college for Notre Dame in 2025													
	2026	15.5	218	993	6.8	58	46	343	2.0	1,336	209.4	13.5	

14 Josh Jacobs Green Bay Packers

Jacobs wasn't as prolific last year (80.7 yards, 0.93 TDs per game) as he was the year prior (98.3, 0.94), but he's still the No. 1 RB in the offense that has been No. 4 in EPA (0.101) over the past two seasons. Averaging 16.7 carries and 2.7 targets per game with the Packers, he relies more on volume than efficiency (4.5 yards per touch last year), but as long as the offense stays on schedule, Jacobs should produce.

TEAM	SEASON	GAMES	RUSH ATT	RUSH YARDS	RUSH TDS	TARGETS	REC	REC YARDS	REC TDS	TOTAL YARDS	HALF-PPR FANTASY POINTS	HALF-PPR POINTS PER GAME	UR★ SCORE
Packers	2025	15	234	929	13	44	36	282	1	1,211	219.1	14.6	75
	2026	15.5	260	1,091	12.2	47	38	298	0.7	1,389	235.3	15.2	

> JOSH JACOBS

15 Javonte Williams Dallas Cowboys

Williams enjoyed a surprise breakout last year in his first season with the Cowboys (1,338 yards, 13 TDs), and thanks to a three-year, $24 million contract, he's returning to Dallas for 2026. Sufficiently removed from the devastating knee injury he suffered in 2022, Williams exhibited true burst in 2025 as a runner (4.8 yards per carry), and his three-down functionality should keep him on the field (179 targets since 2023). Health provided, Williams could hit 1,200 yards and 12 TDs once again.

TEAM	SEASON	GAMES	RUSH ATT	RUSH YARDS	RUSH TDS	TARGETS	REC	REC YARDS	REC TDS	TOTAL YARDS	HALF-PPR FANTASY POINTS	HALF-PPR POINTS PER GAME	UR★ SCORE
Cowboys	2025	16	252	1,201	11	51	35	137	2	1,338	225.3	14.1	78
	2026	15.5	248	1,118	9.9	47	37	198	1.6	1,316	219.1	14.1	

16 Breece Hall New York Jets

Hall flashed as a rookie—681 yards, 5 TDs in seven games—and in the three seasons since he has averaged 1,453 yards and 7.3 TDs. At just 25 years old, Hall is still in his prime and capable of putting up similar numbers in 2026. But capability and probability aren't the same. New OC Frank Reich's last two NFL offenses (2022 Colts, 2023 Panthers) were bottom-3 units in scoring. Sadly, the 2026 Jets might be worse than last year's 3-14 team.

TEAM	SEASON	GAMES	RUSH ATT	RUSH YARDS	RUSH TDS	TARGETS	REC	REC YARDS	REC TDS	TOTAL YARDS	HALF-PPR FANTASY POINTS	HALF-PPR POINTS PER GAME	UR★ SCORE
Jets	2025	16	243	1,065	4	48	36	350	1	1,415	189.7	11.9	72
	2026	15.5	227	987	6.1	54	46	393	2.2	1,380	210.8	13.6	

17 Travis Etienne New Orleans Saints

Etienne looked great in his first season of action (1,441 yards, 5.1 yards per carry, 7.0 yards per target), but in the three years since, his efficiency has dissatisfied (3.9 yards per carry, 5.8 yards per target). Still, since 2023 he has produced (3,695 yards, 27 TDs) and exhibited his three-down skill set (677 carries, 177 targets). If the Saints push veteran Alvin Kamara into a supplementary role in 2026, Etienne will have a fair shot for another 1,400-yard campaign.

TEAM	SEASON	GAMES	RUSH ATT	RUSH YARDS	RUSH TDS	TARGETS	REC	REC YARDS	REC TDS	TOTAL YARDS	HALF-PPR FANTASY POINTS	HALF-PPR POINTS PER GAME	UR★ SCORE
Jaguars	2025	17	260	1,107	7	52	36	292	6	1,399	235.9	13.9	72
	2026	15.5	232	961	6.5	51	41	308	1.5	1,269	195.4	12.6	

18 Kyren Williams Los Angeles Rams

Williams has seen his per-game production drop each year from its 2023 peak (112.5 yards, 92.6, 90.2; and 1.25 TDs, 1.0, 0.76). The addition of No. 2 RB Blake Corum has capped his ceiling. But he has still had 1,350+ yards and 13+ TDs in each of the past three seasons, and he's still in a prolific offense led by MVP QB Matthew Stafford and schemed by HC Sean McVay. Williams should get his fantasy points.

TEAM	SEASON	GAMES	RUSH ATT	RUSH YARDS	RUSH TDS	TARGETS	REC	REC YARDS	REC TDS	TOTAL YARDS	HALF-PPR FANTASY POINTS	HALF-PPR POINTS PER GAME	UR★ SCORE
Rams	2025	17	259	1,252	10	50	36	281	3	1,533	245.3	14.4	77
	2026	15.5	219	1,006	9.0	36	28	183	2.0	1,189	198.9	12.8	

19 Cam Skattebo New York Giants

Skattebo impressed last year in eight games as a rookie (617 yards, 7 TDs), and he was especially remarkable in his four full starts (398 yards, 4 TDs) before an unseemly ankle injury cut his season short. With his size (219 pounds) and receiving functionality (4.0 targets per game), Skattebo has the potential to be a true difference maker for both the Giants and fantasy investors ... as long as he can stay healthy with his physically demanding throwback playing style.

TEAM	SEASON	GAMES	RUSH ATT	RUSH YARDS	RUSH TDS	TARGETS	REC	REC YARDS	REC TDS	TOTAL YARDS	HALF-PPR FANTASY POINTS	HALF-PPR POINTS PER GAME	UR★ SCORE
Giants	2025	8	101	410	5	32	24	207	2	617	115.7	14.5	74
	2026	15.5	222	920	7.8	54	43	332	3.0	1,252	211.5	13.6	

20 Bucky Irving Tampa Bay Buccaneers

Irving missed half of 2025 with injuries, and when he returned in Week 13 he got less playing time (55.5% snap rate vs. 70.2% in Weeks 1-4). Even so, his per-game numbers (86.5 yards, 0.40 TDs) weren't far off from what we saw in his 2024 breakout rookie campaign (89.1, 0.47). A three-man committee is a risk with Kenneth Gainwell and Sean Tucker, but the versatile Irving will have league-winning potential if the Buccaneers offense can rebound under new OC Zac Robinson.

TEAM	SEASON	GAMES	RUSH ATT	RUSH YARDS	RUSH TDS	TARGETS	REC	REC YARDS	REC TDS	TOTAL YARDS	HALF-PPR FANTASY POINTS	HALF-PPR POINTS PER GAME	UR★ SCORE
Buccaneers	2025	10	173	588	1	35	30	277	3	865	123.5	12.4	78
	2026	15.5	244	1,075	6.6	45	38	312	2.0	1,387	209.3	13.5	

21 David Montgomery Houston Texans

Montgomery had a career-worst performance last season (908 yards, 8 TDs), and he'll be 29 years old by Week 1. But in the two prior campaigns he was the league's best No. 2 RB for the Lions (2,248 yards, 25 TDs in 28 games), and now with the Texans he has a shot to operate as a true No. 1 RB. With decent efficiency last year (4.5 yards per carry, 6.6 yards per target), Montgomery probably still has enough juice to produce.

TEAM	SEASON	GAMES	RUSH ATT	RUSH YARDS	RUSH TDS	TARGETS	REC	REC YARDS	REC TDS	TOTAL YARDS	HALF-PPR FANTASY POINTS	HALF-PPR POINTS PER GAME	UR★ SCORE
Lions	2025	17	158	716	8	29	24	192	0	908	154.9	9.1	45
	2026	15.5	221	958	8.0	36	29	214	0.9	1,172	185.1	11.9	

22 Quinshon Judkins Cleveland Browns

Judkins averaged 20.6 opportunities across 11 full games last year, putting up 859 yards and 7 TDs in those contests, and that was despite missing training camp as a second-round rookie and playing in the No. 32 offense in success rate (35.2%). He has limited pass-catching utility (4.8 yards per target), and he suffered severe leg/ankle injuries in Week 16, but he should be ready for Week 1, and the Browns offense might be more dynamic now with new HC Todd Monken.

TEAM	SEASON	GAMES	RUSH ATT	RUSH YARDS	RUSH TDS	TARGETS	REC	REC YARDS	REC TDS	TOTAL YARDS	HALF-PPR FANTASY POINTS	HALF-PPR POINTS PER GAME	UR★ SCORE
Browns	2025	14	230	827	7	36	26	171	0	998	156.8	11.2	66
	2026	15.5	245	1,012	7.1	40	31	204	0.8	1,216	184.5	11.9	

23 Bhayshul Tuten Jacksonville Jaguars

Tuten entered the league with blazing speed (4.32-second 40-yard dash) and early Day 3 draft capital (No. 104), but he saw marginal work last year as a rookie (83 carries, 14 targets) and did little with his opportunities (386 yards). Still, he managed 7 TDs as the No. 2 RB, and now he could assume the No. 1 role vacated by the departed Travis Etienne. Even if he loses goal-line and pass-catching work, could he still break out in 2026? Darn tuten.

TEAM	SEASON	GAMES	RUSH ATT	RUSH YARDS	RUSH TDS	TARGETS	REC	REC YARDS	REC TDS	TOTAL YARDS	HALF-PPR FANTASY POINTS	HALF-PPR POINTS PER GAME	UR★ SCORE
Jaguars	2025	15	83	307	5	14	10	79	2	386	83.6	5.6	27
	2026	15.5	197	826	7.1	39	30	240	1.9	1,066	175.6	11.3	

24 TreVeyon Henderson New England Patriots

Henderson finished last year No. 3 in OROY voting with 1,132 yards and 10 TDs. Nice. But he did little for the first two months (327 yards, 1 TD), so when he filled in for injured No. 1 RB Rhamondre Stevenson, he initially lacked the faith of fantasy investors. And then after he put up 805 yards and 9 TDs in the final nine games, the Patriots discouragingly minimized his role in the postseason (109 yards, four games). Henderson's downside is as low as his upside is high.

TEAM	SEASON	GAMES	RUSH ATT	RUSH YARDS	RUSH TDS	TARGETS	REC	REC YARDS	REC TDS	TOTAL YARDS	HALF-PPR FANTASY POINTS	HALF-PPR POINTS PER GAME	UR★ SCORE
Patriots	2025	17	180	911	9	42	35	221	1	1,132	188.7	11.1	57
	2026	15.5	167	794	6.0	43	36	246	1.2	1,040	165.2	10.7	

25 D'Andre Swift Chicago Bears

Swift is coming off a career-best 1,386-yard, 10-TD campaign and is still just 27 years old. While he's not a full-blown workhorse, he's one of only nine RBs with 1,200+ scrimmage yards in each of the past three seasons, and in that stretch he has had 220+ carries and 40+ targets every year. No. 2 RB Kyle Monangai could threaten Swift's role in 2026, but he still has a good chance to outperform his ADP for a fourth straight campaign.

TEAM	SEASON	GAMES	RUSH ATT	RUSH YARDS	RUSH TDS	TARGETS	REC	REC YARDS	REC TDS	TOTAL YARDS	HALF-PPR FANTASY POINTS	HALF-PPR POINTS PER GAME	UR★ SCORE
Bears	2025	16	223	1,087	9	48	34	299	1	1,386	211.6	13.2	71
	2026	15.5	200	871	6.0	41	32	239	1.0	1,110	169.0	10.9	

26 Jadarian Price Seattle Seahawks

Price is a second-round rookie who isn't big (203 pounds), fast (4.49-second 40-yard dash), sudden (1.61-second 10-yard split), nor young (23 years old in October), and he wasn't prolific in college—1,517 yards, 20 TDs as Jeremiyah Love's backup in final two seasons. He was an elite kick returner at Notre Dame (22-794-3), but he worked little as a receiver (15-162-3 for career), and he's not guaranteed a workhorse role. Pardon the pun: Whatever he costs, he's probably not worth the "Price."

TEAM	SEASON	GAMES	RUSH ATT	RUSH YARDS	RUSH TDS	TARGETS	REC	REC YARDS	REC TDS	TOTAL YARDS	HALF-PPR FANTASY POINTS	HALF-PPR POINTS PER GAME	UR★ SCORE
Played in college for Notre Dame in 2025													
	2026	15.5	232	1,003	7.4	18	14	97	0.5	1,100	164.4	10.6	

> TREVEYON HENDERSON

27 Chuba Hubbard Carolina Panthers

Hubbard has been someone multiple Panthers coaching staffs have seemingly wanted to replace as the No. 1 RB for the past half decade, and yet he's still around. In his three seasons with QB Bryce Young, the well-rounded Hubbard has averaged 1,078.3 yards and 6.7 TDs on 207.3 carries and 45.7 targets, and even with the expected return of 2024 second-rounder Jonathon Brooks (two right ACL tears), Hubbard could reasonably hit those marks once again.

TEAM	SEASON	GAMES	RUSH ATT	RUSH YARDS	RUSH TDS	TARGETS	REC	REC YARDS	REC TDS	TOTAL YARDS	HALF-PPR FANTASY POINTS	HALF-PPR POINTS PER GAME	UR★ SCORE
Panthers	2025	15	134	511	1	39	30	223	3	734	110.4	7.4	52
	2026	15.5	190	799	5.3	43	35	202	1.5	1,001	158.4	10.2	

28 R.J. Harvey Denver Broncos

Harvey didn't have an efficient rookie campaign last year (3.7 yards per carry), but the second-rounder still flashed (896 yards, 12 TDs) with his three-down skill set (146 carries, 58 targets). It was a tale of two seasons. With No. 1 RB J.K. Dobbins, Harvey had a 42 Utilization Score (Weeks 1-10). Without Dobbins, a 77 (Weeks 11-21). The problem for Harvey in 2026: The Broncos re-signed Dobbins. The question: Will Harvey wrestle the No. 1 RB job away from Dobbins this year?

TEAM	SEASON	GAMES	RUSH ATT	RUSH YARDS	RUSH TDS	TARGETS	REC	REC YARDS	REC TDS	TOTAL YARDS	HALF-PPR FANTASY POINTS	HALF-PPR POINTS PER GAME	UR★ SCORE
Broncos	2025	17	146	540	7	58	47	356	5	896	183.1	10.8	57
	2026	15.5	128	538	4.2	48	39	296	3.0	834	146.1	9.4	

29 Rhamondre Stevenson New England Patriots

Stevenson will battle No. 2 RB TreVeyon Henderson once again in 2026, but in the 2025 regular season the veteran had the superior per-game production in their shared contests (67.7 yards, 0.64 TDs vs. 57.3, 0.36), and then in the playoffs Stevenson blew away the second-round rookie (85.8, 0.25 vs. 27.3, 0.0). With 4,235 yards and 27 TDs on 703 carries and 217 targets over the past four years, Stevenson has a solid, if unsexy, fantasy floor.

TEAM	SEASON	GAMES	RUSH ATT	RUSH YARDS	RUSH TDS	TARGETS	REC	REC YARDS	REC TDS	TOTAL YARDS	HALF-PPR FANTASY POINTS	HALF-PPR POINTS PER GAME	UR★ SCORE
Patriots	2025	14	130	603	7	37	32	345	2	948	162.8	11.6	63
	2026	15.5	156	703	6.3	39	32	235	1.2	938	154.8	10.0	

30 Jaylen Warren Pittsburgh Steelers

Warren at times was overshadowed last year by No. 2 RB Kenneth Gainwell (1,023 yards, 8 TDs), but he still had career-high marks (1,291 yards, 8 TDs), and over the past three years he has put up 3,266 scrimmage yards. With Gainwell and timeshare-happy OC Arthur Smith gone, Warren has a chance (even with the signing of Rico Dowdle) to retain his No. 1 job, but whether new HC Mike McCarthy will treat Warren as a workhorse remains to be seen.

TEAM	SEASON	GAMES	RUSH ATT	RUSH YARDS	RUSH TDS	TARGETS	REC	REC YARDS	REC TDS	TOTAL YARDS	HALF-PPR FANTASY POINTS	HALF-PPR POINTS PER GAME	UR★ SCORE
Steelers	2025	16	211	958	6	45	40	333	2	1,291	197.1	12.3	65
	2026	15.5	150	676	4.1	52	46	340	1.4	1,016	157.6	10.2	

31 Tony Pollard Tennessee Titans

Pollard reminds us that Alfred, Lord Tennyson got it right in *Ulysses*: "Old age hath yet his honour and his toil." The 29-year-old Pollard feels ancient, but he has still reliably produced over the past half decade. Since 2021, he's one of just three RBs with 1,000 scrimmage yards each season, and over the past two campaigns he has compiled 2,605 yards and 10 TDs for the lowly 6-28 Titans. Time vanquishes all, but Pollard might survive the scythe for one more season.

TEAM	SEASON	GAMES	RUSH ATT	RUSH YARDS	RUSH TDS	TARGETS	REC	REC YARDS	REC TDS	TOTAL YARDS	HALF-PPR FANTASY POINTS	HALF-PPR POINTS PER GAME	UR★ SCORE
Titans	2025	17	242	1,082	5	41	33	206	0	1,288	169.3	10.0	67
	2026	15.5	218	917	5.9	31	24	146	0.6	1,063	157.3	10.1	

32 Rico Dowdle Pittsburgh Steelers

Dowdle is one of 11 RBs with 1,300 scrimmage yards in each of the past two seasons. Of this group, he's by far the cheapest, which suggests his 2024-25 production is spurious. Still, his career marks are efficient enough (4.5 yards per carry, 5.7 yards per target), and over the past two years he has been a three-down player (471 carries, 99 targets). It's unlikely, but reunited with former Cowboys HC and current Steelers HC Mike McCarthy, Dowdle might be a 1,300-yard guy again in 2026.

TEAM	SEASON	GAMES	RUSH ATT	RUSH YARDS	RUSH TDS	TARGETS	REC	REC YARDS	REC TDS	TOTAL YARDS	HALF-PPR FANTASY POINTS	HALF-PPR POINTS PER GAME	UR★ SCORE
Panthers	2025	17	236	1,076	6	50	39	297	1	1,373	196.8	11.6	67
	2026	15.5	180	799	4.8	36	30	218	1.0	1,017	151.5	9.8	

33 J.K. Dobbins Denver Broncos

Dobbins has missed more games than he's played throughout his career (54 vs. 47), but over the past two years he has put up 1,867 yards and 13 TDs in 23 games, and the Broncos opted to re-sign him despite spending a second-rounder on No. 2 RB R.J. Harvey last offseason. With his lengthy injury history, Dobbins seems likely to share more of the work in 2026 with the 25-year-old Harvey, but if healthy he probably still has the ability to hit 1,000 scrimmage yards. Fourth-rounder Jonah Coleman was added to the RB room.

TEAM	SEASON	GAMES	RUSH ATT	RUSH YARDS	RUSH TDS	TARGETS	REC	REC YARDS	REC TDS	TOTAL YARDS	HALF-PPR FANTASY POINTS	HALF-PPR POINTS PER GAME	UR★ SCORE
Broncos	2025	10	153	772	4	14	11	37	0	809	110.4	11.0	59
	2026	13.5	153	712	5.1	19	16	71	0.4	783	119.3	8.8	

34 Aaron Jones Minnesota Vikings

Jones has missed 11 games over the past three seasons, and last year he had career-worst efficiency (4.3 yards per opportunity). Even worse: When healthy, he had his lowest usage since becoming a starter in 2018 (14.4 opportunities per game), and he's unlikely to earn a greater share of work this season with his advanced age (he turns 32 in December). Jones still has a three-down skill set and goal-line capability, but gone are the glory days of 1,500+ yards and double-digit TDs.

TEAM	SEASON	GAMES	RUSH ATT	RUSH YARDS	RUSH TDS	TARGETS	REC	REC YARDS	REC TDS	TOTAL YARDS	HALF-PPR FANTASY POINTS	HALF-PPR POINTS PER GAME	UR★ SCORE
Vikings	2025	12	132	548	2	41	28	199	1	747	104.7	8.7	64
	2026	15.5	177	765	4.1	53	43	315	1.5	1,080	163.1	10.5	

35 Jacory Croskey-Merritt Washington Commanders

Croskey-Merritt had a cromulent rookie campaign in 2025 as a 24-year-old default No. 1 RB (873 yards, 8 TDs), but in 2026 he's likelier to be an unremarkable committee member than a true difference maker. As a runner, he was a top-20 player last season (53.7% success rate, 4.6 yards per carry), but he was almost nonexistent as a receiver (13 targets, 68 yards). Even if "Bill" leads the Commanders backfield this year, his ceiling likely won't be much higher than his floor.

TEAM	SEASON	GAMES	RUSH ATT	RUSH YARDS	RUSH TDS	TARGETS	REC	REC YARDS	REC TDS	TOTAL YARDS	HALF-PPR FANTASY POINTS	HALF-PPR POINTS PER GAME	UR★ SCORE
Commanders	2025	17	175	805	8	13	9	68	0	873	135.8	8.0	40
	2026	15.5	145	638	5.1	14	11	84	0.8	722	113.1	7.3	

36 Blake Corum Los Angeles Rams

Corum's overall 2025 production wasn't prolific (782 yards, 6 TDs), but in the final 12 games (including playoffs) he significantly siphoned off rushing usage from starter Kyren Williams (38% rush share vs. 55% with a 50/50 split of goal-line carries). Although he's had a minimal pass-catching role across his two-year career (22 targets), he's still the No. 2 RB in one of the league's best offenses, and as such Corum enters 2026 as a top-tier handcuff with weekly flex appeal and season-long contingent upside.

TEAM	SEASON	GAMES	RUSH ATT	RUSH YARDS	RUSH TDS	TARGETS	REC	REC YARDS	REC TDS	TOTAL YARDS	HALF-PPR FANTASY POINTS	HALF-PPR POINTS PER GAME	UR★ SCORE
Rams	2025	17	145	746	6	14	8	36	0	782	118.2	7.0	33
	2026	15.5	159	731	6.4	19	14	87	0.9	818	132.6	8.6	

37 Kyle Monangai Chicago Bears

Monangai went off in his one spot start last year (199 yards on 26 carries, 5 targets), and he looked good overall for a seventh-round rookie (947 yards, 5 TDs), but he clearly played behind No. 1 RB D'Andre Swift across the final eight games of the season (42% snap rate vs. 56%, including playoffs). Monangai's likely to have standalone and contingent value this year for the Bears and fantasy investors, but he's far from a lock to overtake Swift in utilization and production.

TEAM	SEASON	GAMES	RUSH ATT	RUSH YARDS	RUSH TDS	TARGETS	REC	REC YARDS	REC TDS	TOTAL YARDS	HALF-PPR FANTASY POINTS	HALF-PPR POINTS PER GAME	UR★ SCORE
Bears	2025	17	169	783	5	30	18	164	0	947	137.7	8.1	46
	2026	15.5	160	697	4.8	24	16	115	0.5	812	121.0	7.8	

38 Kenneth Gainwell Tampa Bay Buccaneers

Gainwell had an unremarkable first four NFL seasons as a rotational RB for the Eagles (1,906 yards, 13 TDs), but in 2025 he broke out with the Steelers as a strong No. 2 RB (1,023 yards, 8 TDs on 114 carries, 85 targets). Now with the Buccaneers, the 27-year-old Gainwell is likely to remain a No. 2 option, but he might enjoy a similar workload in 2026, and if starter Bucky Irving were to miss significant time (as he did last year), Gainwell could go off.

TEAM	SEASON	GAMES	RUSH ATT	RUSH YARDS	RUSH TDS	TARGETS	REC	REC YARDS	REC TDS	TOTAL YARDS	HALF-PPR FANTASY POINTS	HALF-PPR POINTS PER GAME	UR★ SCORE
Steelers	2025	17	114	537	5	85	73	486	3	1,023	184.8	10.9	66
	2026	15.5	99	424	3.0	51	42	281	1.5	705	118.5	7.6	

> JACORY CROSKEY-MERRITT
WASHINGTON
22

39 Zach Charbonnet Seattle Seahawks

Charbonnet has managed 1,783 yards and 21 TDs over the past two seasons despite playing as the No. 2 RB for most of that time, and in his eight career games without former starter Kenneth Walker, he has gone off (759 yards, 7 TDs). Now with Walker gone, Charbs has a golden opportunity to capitalize in a contract year, but his postseason ACL tear could limit his availability for Week 1 and hinder his ability to distinguish himself from his backfield teammates in 2026.

TEAM	SEASON	GAMES	RUSH ATT	RUSH YARDS	RUSH TDS	TARGETS	REC	REC YARDS	REC TDS	TOTAL YARDS	HALF-PPR FANTASY POINTS	HALF-PPR POINTS PER GAME	UR★ SCORE
Seahawks	2025	16	184	730	12	24	20	144	0	874	171.4	10.7	54
	2026	5.5	75	301	3.3	12	10	70	0.3	371	63.7	11.6	

40 Rachaad White Washington Commanders

Seeing White sign with the Commanders, a role starts to take shape for him. At least in the passing game. Bill Croskey-Merritt drew just 13 targets in 17 games, while White saw a career-low 45 targets last season. In 2023, he turned 70 targets into 64 catches, 548 yards and 3 scores. White could be an outlet on passing downs, though there is the chance that Jayden Daniels takes off and runs. Still, the former Buccaneers back could fill the role of Austin Ekeler in 2024.

TEAM	SEASON	GAMES	RUSH ATT	RUSH YARDS	RUSH TDS	TARGETS	REC	REC YARDS	REC TDS	TOTAL YARDS	HALF-PPR FANTASY POINTS	HALF-PPR POINTS PER GAME	UR★ SCORE
Buccaneers	2025	17	132	572	4	45	40	218	0	790	123.0	7.2	51
	2026	15.5	91	363	2.4	44	37	270	1.9	633	107.6	6.9	

41 Jonathon Brooks Carolina Panthers

What might have been with Brooks. Going into his third year, Brooks has just 9 NFL carries, all in 2024. That season was cut short after he suffered his second ACL tear in about a year. After missing all of last season, Brooks is still somehow going into his age-23 season. He was the top RB of the 2024 class and showed great explosiveness. He's going into a backfield that lost Rico Dowdle's 236 carries. Chuba Hubbard is here, but Brooks can gain touches with health.

TEAM	SEASON	GAMES	RUSH ATT	RUSH YARDS	RUSH TDS	TARGETS	REC	REC YARDS	REC TDS	TOTAL YARDS	HALF-PPR FANTASY POINTS	HALF-PPR POINTS PER GAME	UR★ SCORE
						Did not play in 2025 (injured)							
	2026	15.5	125	552	3.3	29	23	166	0.8	718	107.9	7.0	

42 Chris Rodriguez Jacksonville Jaguars

Rodriguez has 7 targets across his three-year career, and he's never had more than the 530 yards and 6 TDs he amassed last season, but he's a hard-nosed runner with good size (224 pounds) and elite consistency (58.1% career success rate). Signed to a two-year, $10 million contract and reunited with HC Liam Coen (his Kentucky OC in 2021, when he had 1,440 yards and 12 TDs), Rodriguez has an outside shot to be the No. 1 RB for the Jags this season.

TEAM	SEASON	GAMES	RUSH ATT	RUSH YARDS	RUSH TDS	TARGETS	REC	REC YARDS	REC TDS	TOTAL YARDS	HALF-PPR FANTASY POINTS	HALF-PPR POINTS PER GAME	UR★ SCORE
Commanders	2025	13	112	500	6	4	3	30	0	530	90.5	7.0	33
	2026	15.5	129	566	5.1	5	4	33	0.2	599	93.7	6.0	

43 Tyler Allgeier Arizona Cardinals

Allgeier flashed as a fifth-round rookie (1,174 scrimmage yards), but then he spent the next three years stuck behind Bijan Robinson. Even so, Allgeier since 2023 has been one of the league's best No. 2 RBs (2,218 yards, 16 TDs), though now he gets the unenviable task of joining the Cardinals, who just drafted RB Jeremiyah Love No. 3 overall. This feels so much like Bijan Robinson 2.0, just with less humidity. Allgeier will again be the RB2 on his team.

TEAM	SEASON	GAMES	RUSH ATT	RUSH YARDS	RUSH TDS	TARGETS	REC	REC YARDS	REC TDS	TOTAL YARDS	HALF-PPR FANTASY POINTS	HALF-PPR POINTS PER GAME	UR★ SCORE
Falcons	2025	17	143	514	8	16	14	96	0	610	116.0	6.8	34
	2026	15.5	94	385	2.7	13	10	73	0.0	458	67.0	4.3	

44 Jordan Mason Minnesota Vikings

Mason has had a partial workload over the past two years, but he has flashed in that time (1,689 yards, 9 TDs). While teammate Aaron Jones seems likely to retain the No. 1 RB role for the Vikings, Mason still has the potential to unseat him. He's not much of a receiver (30 targets since 2024), but Mason's a bully of a runner (5.1 yards per carry for career). If he jumps Jones on the depth chart, Mason could see 250+ rushes in 2026.

TEAM	SEASON	GAMES	RUSH ATT	RUSH YARDS	RUSH TDS	TARGETS	REC	REC YARDS	REC TDS	TOTAL YARDS	HALF-PPR FANTASY POINTS	HALF-PPR POINTS PER GAME	UR★ SCORE
Vikings	2025	16	159	758	6	16	14	51	0	809	121.9	7.6	45
	2026	15.5	140	660	4.9	11	9	67	0.2	727	107.8	7.0	

45 Woody Marks Houston Texans

Marks came into the league out of USC with a reputation as a satellite back, one who could catch some passes and be a change-of-pace runner complementing another back. When Joe Mixon was hurt and Nick Chubb showed the wear of all the carries and two significant knee injuries, Marks' role grew with mixed results. He totaled 911 yards and 5 scores, which was underwhelming. With David Montgomery now in Houston, Marks should slot into a backup role that is more fitting for him.

TEAM	SEASON	GAMES	RUSH ATT	RUSH YARDS	RUSH TDS	TARGETS	REC	REC YARDS	REC TDS	TOTAL YARDS	HALF-PPR FANTASY POINTS	HALF-PPR POINTS PER GAME	UR★ SCORE
Texans	2025	16	196	703	2	36	24	208	3	911	139.1	8.7	57
	2026	15.5	133	534	3.3	30	21	162	1.1	696	106.5	6.9	

46 Tyrone Tracy New York Giants

When Tracy got hurt in Week 3, he lost his job to a bowling ball named Cam Skattebo. The rookie out of Arizona State took over the lead RB role in New York and became a fan darling. Then a serious Week 8 injury to Skattebo reopened the door for Tracy, who amassed double-digit touches in eight games and hit at least 97 total yards in four of those efforts. Skattebo is expected back this season, but Tracy should still have a role.

TEAM	SEASON	GAMES	RUSH ATT	RUSH YARDS	RUSH TDS	TARGETS	REC	REC YARDS	REC TDS	TOTAL YARDS	HALF-PPR FANTASY POINTS	HALF-PPR POINTS PER GAME	UR★ SCORE
Giants	2025	15	176	740	2	48	36	288	2	1,028	142.8	9.5	62
	2026	15.5	101	426	2.2	26	21	148	1.0	574	87.1	5.6	

47 Alvin Kamara New Orleans Saints

Kamara had career-worst marks in 2025 across the board (657 yards, 3.6 yards per carry, 4.8 yards per target). On top of that, he'll be 31 years old in Week 1, he missed six games last season, and the Saints signed Travis Etienne to replace him. Even if Kamara in 2026 is able to bounce back toward his long-term efficiency averages (4.3 yards per carry, 6.5 yards per target), the days of 1,300+ yards are gone.

TEAM	SEASON	GAMES	RUSH ATT	RUSH YARDS	RUSH TDS	TARGETS	REC	REC YARDS	REC TDS	TOTAL YARDS	HALF-PPR FANTASY POINTS	HALF-PPR POINTS PER GAME	UR★ SCORE
Saints	2025	11	131	471	1	39	33	186	0	657	84.2	7.7	68
	2026	15.5	99	387	2.2	44	36	236	1.0	623	99.5	6.4	

48 Tyjae Spears Tennessee Titans

Spears has been a competent and well-rounded No. 2 RB to Derrick Henry and Tony Pollard throughout his three-year career (1,921 yards, 10 TDs on 256 carries, 155 targets). If he somehow were ever to get a No. 1 job, he would probably acquit himself well. That said, Spears calls to mind the classic Social Network line: "If you guys were the inventors of Facebook, you'd have invented Facebook." If Spears were a lead back, he probably would've led a backfield by now.

TEAM	SEASON	GAMES	RUSH ATT	RUSH YARDS	RUSH TDS	TARGETS	REC	REC YARDS	REC TDS	TOTAL YARDS	HALF-PPR FANTASY POINTS	HALF-PPR POINTS PER GAME	UR★ SCORE
Titans	2025	13	72	283	2	50	45	264	0	547	89.2	6.9	52
	2026	15.5	84	352	2.5	53	43	302	0.9	654	107.3	6.9	

49 Isiah Pacheco Detroit Lions

Multiple leg injuries have seemed to rob Pacheco of the juice that saw him accumulate 2,139 yards and 14 total TDs in his first two seasons in Kansas City. Last season, with only the aging plodder Kareem Hunt as competition, Pacheco drew just 118 carries for 462 yards and a score. He signed with the Lions, who did not add any running backs in the NFL Draft. The bad news is he's backing up potential RB1 Jahmyr Gibbs. Pacheco's a handcuff at best.

TEAM	SEASON	GAMES	RUSH ATT	RUSH YARDS	RUSH TDS	TARGETS	REC	REC YARDS	REC TDS	TOTAL YARDS	HALF-PPR FANTASY POINTS	HALF-PPR POINTS PER GAME	UR★ SCORE
Chiefs	2025	13	118	462	1	26	19	101	1	563	77.8	6.0	51
	2026	15.5	113	487	3.6	17	14	73	0.8	560	89.4	5.8	

50 Mike Washington Las Vegas Raiders

Washington is a fourth-round rookie who merely subsisted in his first four collegiate campaigns (2,088 yards, 20 TDs), but last year he finally ate at Arkansas (1,296 yards, 9 TDs in 12 games), and then at the combine he exhibited elite athleticism (4.33-second 40-yard dash). With his sizable heft (223 pounds) and sufficient pass-catching ability (73 career receptions), Washington might have what it takes to develop into a three-down NFL producer. For 2026, he'll battle to be the No. 2 RB in Vegas behind Ashton Jeanty.

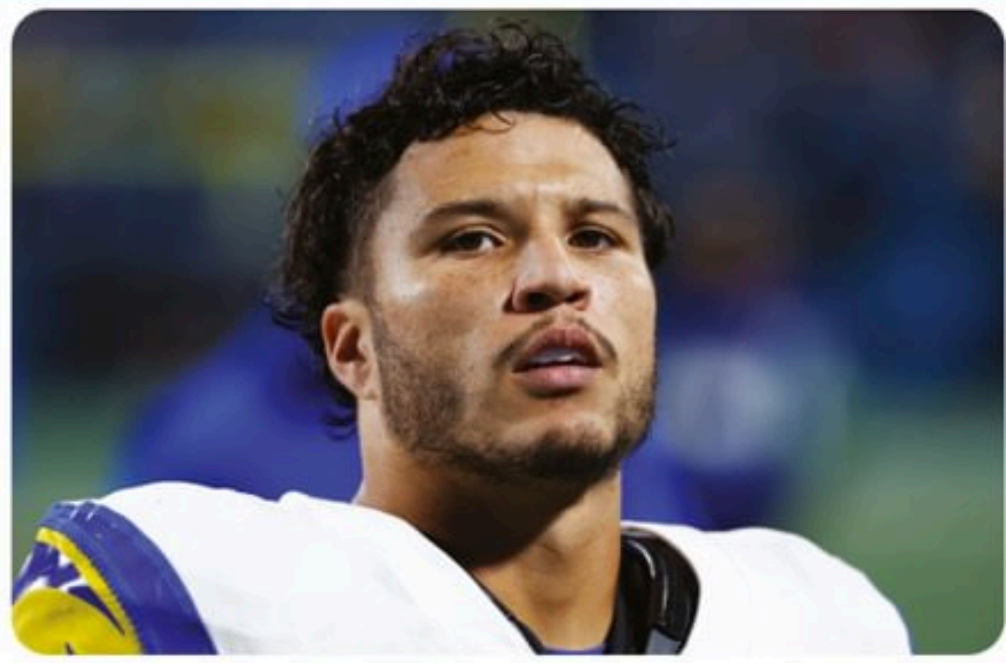
TEAM	SEASON	GAMES	RUSH ATT	RUSH YARDS	RUSH TDS	TARGETS	REC	REC YARDS	REC TDS	TOTAL YARDS	HALF-PPR FANTASY POINTS	HALF-PPR POINTS PER GAME	UR★ SCORE
Played in college for Arkansas in 2025													
	2026	15.5	53	225	1.6	7	5	35	0.1	260	38.7	2.5	

> TYJAE SPEARS

Running Back Sleepers

Draft these running backs late onto your roster

We all know what happens at the RB position. For every Bijan Robinson and Jahmyr Gibbs who dominate from start to finish on the season, there are plenty others who lose their primary roles because of either injury or ineffectiveness. That's why it's beneficial to draft players who have a pathway to playing time late in drafts. Or maybe they're already in a valuable timeshare. Either way, don't sleep on these RBs.



→ Blake Corum
Los Angeles Rams

I know it might seem like Kyren Williams is immortal at this point, that he will outlive us all ... but he is, indeed, human. In fact, he's a 5-foot-9, 195-pound back who has now logged three straight seasons of 250-plus touches. And last year we finally saw hints that a changing of the guard is under way.

After essentially redshirting his rookie season, Blake Corum pushed Kyren into a timeshare down the stretch of the 2025 season. From Week 14 on, Corum wrestled away 37% of the rushing attempts, as well as 40% of the attempts inside the 15-yard line.

Most importantly, though, Corum has been more efficient with his touches, averaging 5.1 yards per carry on 145 attempts vs. Kyren's 4.83 YPC on 259 carries.

Considering there is a 70-pick gap between the two Rams RBs in most fantasy formats right now, there are two ways you can win by selecting Corum in your draft: 1) Corum flips Kyren as the 1A back for a Rams offense that will once again be tops in the league in scoring; 2) Kyren gets hurt and Corum becomes an automatic top-10 start every week

Even in worst-case scenarios—the backfield split remains the same in 2026—there's still enough standalone value for Corum to justify the selection in the back half of drafts.

That means at current prices Blake Corum has almost zero downside risk and plenty of upside to smash his ADP.

Corum isn't the backup because he's worse ... he's the backup because he got there second. And this is the year that chronology no longer matters.

—PETE OVERZET

Jonathon Brooks
Carolina Panthers

Jonathon Brooks is not only a player who will leave you second-guessing how to spell *Jonathon* for the rest of your life—he's also an RB who could leave you second-guessing why you passed on him late in 2026 fantasy drafts.

The 2024 second-round pick missed most of his rookie year due to a late-season ACL tear in college. Once he returned, he tore the same ACL, missing the remainder of 2024 and all of 2025. Damn those injury gods. That means we're depending on modern medicine to unlock an electric playmaker with passing-game upside, which makes him a sleeper.

If Brooks were in this year's draft class, he'd rank as my RB2 behind Jeremiyah Love. The former four-star recruit bided his time behind Bijan Robinson before breaking out with 1,139 rushing yards, 10 TDs and 6.1 yards per carry in his third season at Texas. He added 25 receptions for 286 yards and a score.

Brooks was hard to bring down. His career 34% missed-tackles-forced rate sits in the 83rd percentile since 2017, and his 4.1 yards after contact lands in the 60th percentile. He was a capable pass blocker who rarely fumbled—a back with multiple paths to playing time and the electricity to carve out a larger role.

Chuba Hubbard figures to open the season as Carolina's No. 1 back, but Brooks could challenge as the year progresses. Just last season, Rico Dowdle took over this backfield. This coaching staff rides the hot hand, and Brooks offers oven-mitts-hot upside.

—DWAIN McFARLAND

Nicholas Singleton
Tennessee Titans

Nicholas Singleton is currently ensconced in the deepest of slumbers. He has little chance to be a true difference maker in '26: But if circumstances break his way, he could capitalize on his opportunity and become a league winner.

The No. 1 RB in the 2022 recruitment class, Singleton received offers from almost every major college program. At Penn State, HC James Franklin preferred a rotation at RB, so Singleton (playing alongside classmate Kaytron Allen) never had a dominant campaign with the Nittany Lions, but he was consistently productive (4,448 yards, 54 TDs in 53 games), and as a junior he had a borderline great season (1,474 yards, 17 TDs in 15 games).

So what makes me enthusiastic about him in the NFL if he never owned his college backfield? First, Singleton has legit speed. He didn't work out before the draft because of a foot injury suffered in Senior Bowl practices, but we know he's an athlete: Basically every five-star recruit is, and in college he hit a top-end speed of 23.6 mph via GPS tracking. Dude can scoot.

On top of that, Singleton is going into a Titans RB room where at first he will back up Tony Pollard and Tyjae Spears, both of whom have battled injuries in their careers. Stash Singleton with a late pick on your bench.

— MATTHEW FREEDMAN

Rankings updated!
Scan me for updated rankings

RB Breakout, Do Not Draft, Dynasty Darling

While Bijan Robinson and Jahmyr Gibbs have their names bandied about in discussions about who could be the 1.01 in fantasy drafts, there are more RBs to keep an eye on as possible targets in the RB2 and flex discussions. And even one whose situation may be just a big avoid.

> BHAYSHUL TUTEN

→ **Breakout:**
Bhayshul Tuten
Jacksonville Jaguars

Bhayshul Tuten played a complementary role behind Travis Etienne in 2025, but his outlook is much brighter heading into Year 2 with Chris Rodriguez as his primary competition for touches.

Rodriguez has history with head coach Liam Coen—he was his No. 1 RB at Kentucky in 2021, totaling 1,379 yards and 9 TDs. So he'll have a role. But his archetype is extremely narrow: a downhill early-down thumper with no passing-game chops. He wasn't a receiving back in college and has recorded only 7 targets in his NFL career, earning a look on just 5% of his routes.

Tuten, on the other hand, posted a 13% target share in college with 1.27 yards per route run—well above Rodriguez's best marks of 5% and 0.34. Tuten graded out as a far-superior prospect. He'd rank as the RB2 in the 2026 rookie class; Rodriguez would be RB14 in my Rookie Super Model. For reference, Travis Etienne is the No. 8 prospect in the model since 2017 and just got the bag in New Orleans.

The Jags backfield could devolve into a committee, but if we're putting a chip on the player with the skill set to unlock a breakout top-12 RB season, Tuten is the clear answer.

—DWAIN McFARLAND

→ Do Not Draft:

Bucky Irving
Tampa Bay Buccaneers

There is certainly some merit to the argument that Irving will bounce back after a 2025 in which he played more than 50% of Tampa Bay's offensive snaps for only half of the season. I can understand the Bucs' coaching staff not wanting to overload their RB1 after his return from injury. Also encouraging is the fact that his peripherals did not take a complete nosedive in the final month of the regular season.

Rushing Success Rate:
33.8% (Weeks 1-4)
45.7% (Weeks 15-18)

Adj. Yards After Contact per Att:
2.58 (Weeks 1-4)
2.34 (Weeks 15-18)

Forced Missed Tackle Rate:
21.1% (Weeks 1-4)
10.0% (Weeks 15-18)

But effectiveness does not always translate to more opportunity. And not all touches are created equal. So, I got concerned when the fantasy-relevant parts of Irving's usage took a step back.

Target Share:
15.0% (Weeks 1-4)
8.0% (Weeks 15-18)

Red-Zone Rush Rate:
87.5% (Weeks 1-4)
38.9% (Weeks 15-18)

Two-Minute Snap Rate:
75% (Weeks 1-4)
59% (Weeks 15-18)

What's worse is that the players who stepped in for Irving were better in their new roles. Rachaad White, as a receiver, averaged a full yard more after the catch. Sean Tucker turned a third of his goal-line carries into TDs. White might be gone, but the addition of Kenny Gainwell (and his hilarious 19% target share over the final two months) has me out on Irving as a draft target in 2026.

—CHRIS ALLEN

→ Dynasty Darling:

Kenneth Walker
Kansas City Chiefs

Running back is by the far the toughest position in dynasty to plant a flag on. With receivers it's easy enough to be on the talent and hope everything else works out, but a running back's environment is much more important. Luckily, Kenneth Walker has the talent and the situation to thrive for at least a few years in Kansas City.

The Chiefs haven't had a 1,000-yard rusher while Patrick Mahomes has been their starting quarterback. They've been trying to piece together a usable backfield with duct tape and recycled limbs since 2017, so signing Walker is a declaration. "We don't want our running game to suck anymore!" they're shouting. I'm going to hear them out.

Walker's career fantasy stats haven't been eye-popping, but that's mostly because Seattle refused to use him as the unquestioned lead back for most of his career. But surprise, when Zach Charbonnet went down with an injury in the playoffs, Walker racked up 400+ scrimmage yards and 4 touchdowns across three games and earned himself a Super Bowl MVP.

With Eric Bieniemy back in Kansas City as the offensive coordinator, I expect a nostalgia-inducing return to a top-5 scoring offense. And that sets Walker up for a career-defining stretch of fantasy goodness.

—SAM WALLACE

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The Handcuff Report

We hate to think of RB injuries, but we need to be prepared on who the Handcuff RBs are for fantasy

BY IAN HARTITZ

Handcuff running backs are backups who are often *one* injury to their team's starter away from suddenly becoming high-end fantasy football assets. Of course, individual talent level, offensive scoring upside, and general team philosophy with deploying committees all factor heavily into each unique equation, making the process of tiering handcuff running backs more of an art than science.

But, hey, if it were easy, everyone would do it! Accordingly, let's make today a great day to be great and break down the five tiers of handcuff running backs ahead of the 2026 season. Note that players are listed in order of ranking preference inside each individual tier.

→ Tier S
FLEX with benefits

You can probably already start these guys in the FLEX if needed, and the ceiling is the moon if their competition misses time:

- **Patriots RB TreVeyon Henderson**
- **Bears RB Kyle Monangai**
- **Steelers RB Rico Dowdle**
- **Rams RB Blake Corum**

Henderson's up-and-down rookie campaign still featured him showing off some tantalizing big-play upside with 17.6 PPR points per game (RB7) during Weeks 10-18 last season … Monangai turned 29 touches into 198 total yards in his only game without D'Andre Swift; he averaged 13.7 opportunities per game across da Bears' final 10 contests … Dowdle overtook Chuba Hubbard early in 2025 and supplied some BOOM performances, something that is on the table again in Pittsburgh with old friend Mike McCarthy … Corum is essentially a Kyren Williams clone and actually managed to carve out an average of 11.2 opportunities per game in Weeks 7-18.

→ Tier A
One injury from being on the cover of waiver wire articles

Standalone value is possible. But if RB1 goes down? We're looking at RBs capable of winning leagues thanks to a blend of scoring upside and three-down ability.

- **Broncos RB RJ Harvey**
- **Vikings RB Jordan Mason**
- **Jaguars RB Chris Rodriguez**
- **Buccaneers RB Kenneth Gainwell**

Texans RB Woody Marks

Giants RB Tyrone Tracy

Lions RB Isiah Pacheco

Harvey couldn't match JK Dobbins' effectiveness as a rusher, but the rising second-year talent is a dynamic receiver who managed to return RB8 production following the team's Week 12 bye ... Mason quietly was the RB6 in Next-Gen Stats' rushing yards OVER expected per carry and is a candidate to leap Aaron Jones on the depth chart independent of an injury ... There's potential for Rodriguez to see plenty of standalone work from his old college coach, although the best-case touch ceiling looks capped due in part to the elite pass-pro talents of LeQuint Allen ... Gainwell has the sort of explosive pass-catching ability that fantasy managers dream of seeing in a full-time role—that's on the table if Bucky Irving struggles to stay healthy again ... Rookie-year Marks was painfully inefficient as a rusher, but still handled at least 15 touches in all but two of his final 10 games ... Tracy averaged 18.1 opportunities per game following Cam Skattebo's season-ending ankle injury ... Pacheco is the only RB behind Jahmyr Gibbs on the Lions depth chart with more than 10 career touches.

→ Tier B
THE, *backup* running back, y'all

These men would step up into their team's RB1 role should their starter miss time, but don't expect any level of standalone value before then.

Eagles RB Tank Bigsby

Falcons RB Brian Robinson

Raiders RB Mike Washington

Cowboys RB Malik Davis

Bigsby's advanced rushing metrics have been NICE over the past two seasons, although Will Shipley could factor in on passing downs ... The other B Robinson in Atlanta is capable of handling a big role; just realize fireworks aren't expected inside the NFL's reigning 24th-ranked scoring offense ... Washington didn't get the Day 2 draft capital that his truthers hoped for—at least he's the clear next-man-up behind Ashton Jeanty ... Davis relegated Jaydon Blue to healthy scratch status during the second half of 2025.

→ Tier C
There's a favorite, but we have questions

We don't know. We can't know. But I've got my suspicions. I've got my f*cking suspicions.

Panthers RB Jonathon Brooks

Titans RB Tyjae Spears

Cardinals RB Tyler Allgeier

Browns RB Dylan Sampson

Bills RB Ray Davis

49ers RB Kaelon Black

These are all the favorites for handcuff duties; just realize there's at least one bright-ish red flag for each in the health (Brooks), early-down trustworthiness (Spears, Sampson) and/or additional competition (Allgeier, Davis, Black) departments.

→ Tier D
We're saying there's a chance

Expect a committee of sorts should the starter go down, but there's at least *some* intrigue.

Chargers RB Keaton Mitchell

Chiefs RB Emmett Johnson

Jets RB Braelon Allen

Bengals RB Samaje Perine

Packers RB MarShawn Lloyd

The respective frontrunners for No. 2 duty, albeit clarity is murky for all parties involved, as is each player's ability to handle a three-down workload *if* it were to come to fruition.

→ Tier F
Muddled committees and/or unknown backfields

What a complete mess. Ask your dog to pick. Call Grandma and see what she thinks. Their guesses are as good as mine as to what happens if RB1 goes down in these spots.

Seahawks (Emanuel Wilson, George Holani)

Dolphins (Ollie Gordon, Jaylen Wright)

Ravens (Justice Hill, Rasheen Ali, Adam Randall)

Colts (DJ Giddens, Seth McGowan)

Commanders (Rachaad White, Jerome Ford, Bill Croskey-Merritt, Jeremy McNichols, Kaytron Allen)

Saints (Alvin Kamara, Kendre Miller, Devin Neal)

These situations should gain clarity as we get into August, but for now, it's tough to have much, if any, confidence in the actual pecking order for all parties involved.

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WRs

× CAPSULES 76
× SLEEPERS 94
× INSIGHT 96

THE WR LEAGUE WINNER

Luther Burden

My criteria for identifying league-winning WRs is simple:

- **Typically go in Rounds 3 to 6 of fantasy drafts**
- **Has a strong underlying talent profile**
- **Usually within the first three years of their career**

Over the last two seasons, this criteria led me to draft the following wide receivers more than any others in those rounds:

- **2025: Jaxon Smith-Njigba (21% of 171 leagues; yes, I am sick)**
- **2024: Rashee Rice (20% of 281 drafts; yes, I was even sicker)**
- **2024: Malik Nabers (20%)**

With Smith-Njigba, we checked off a fourth criterion: change in team environment. The departure of DK Metcalf left JSN—who broke out over the second half of 2024—to battle an aging Cooper Kupp for opportunities.

Who does the criteria point us to in 2026?
Luther Burden.

The 2025 Round 2 NFL Draft pick didn't boom in fantasy as a rookie, playing a limited role with a 40% route share behind Rome Odunze, DJ Moore, and battling rising star Colston Loveland for targets. However, he did grow his role over the course of the season, much like Rice. And now, Moore is gone, solidifying Burden's starter status.

With players like Burden, diving beyond fantasy points can be helpful. Per-route data tells us how well a player performed within their role. Below is how Rice and JSN fared the year before their breakouts, compared to Burden (WR1 = 1 to 12; WR2 = 13 to 24; WR3 = 25 to 36):

- **Jaxon Smith-Njigba: 1.81 yards per route (WR3); 22% targets per route (WR2); 0.40 fantasy points per route run (WR3)**
- **Rashee Rice: 2.23 yards per route (WR2); 25% targets per route (WR1); 0.50 fantasy points per route run (WR2)**
- **Luther Burden: 2.36 yards per route (WR1); 24% targets per route (WR2); 0.46 fantasy points per route run (WR2)**

What's fascinating about the Rice and JSN comps is that both were seen as limited-upside plays due to their low average depth of target: 4.6 and 8.7 yards, respectively. Burden finished his rookie season at 8.1.

The Bears' new starting WR saw 26% of his targets come on screens as a rookie, which rarely translates 1:1 in a full-time role. But excluding screens, Burden showed more to his game:

- **Yards Per Route: 2.35 (WR1-worthy)**
- **Targets Per Route: 21% (WR2-worthy)**
- **Fantasy Points Per Route: 0.43 (WR2-worthy)**
- **Average Depth of Target: 11.8**

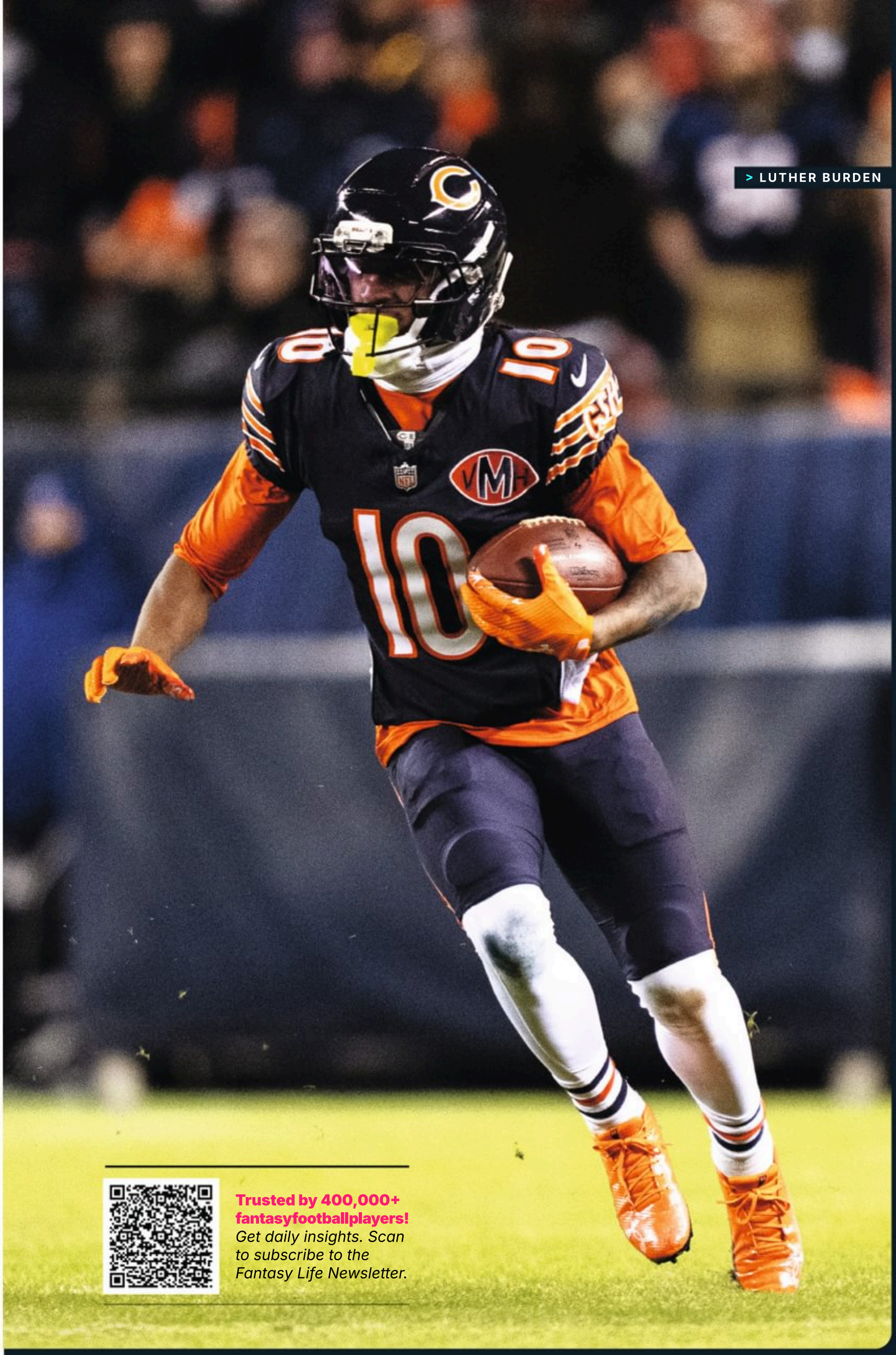
That is impressive stuff for a rookie battling other good players for looks! The risk is Odunze and Loveland. Rice and JSN didn't play alongside other ascending early-round talents—they were the only game in town. But that fact should keep Burden's price reasonable in fantasy drafts.

Let's look at the range of outcomes for Burden using the Fantasy Life Projection model. His baseline is based on 85% route participation and 23% targets per route:

- **Ceiling: 17.0 points per game → mid-range WR1**
- **Baseline: 14.1 points per game → mid-range WR2**
- **Floor: 12.6 points per game → mid-range WR3**

Burden will likely get drafted at his floor on ESPN, Yahoo and Sleeper this summer—leaving plenty of room for league-winning upside.

—DWAIN McFARLAND



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Wide Receivers

BY MATTHEW FREEDMAN

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Wide receiver is where the fun really happens in fantasy football. These are the artists who can turn screen passes into 80-yard scores. Where running backs may need to churn out 20 carries to bull their way to 100 yards, a wide receiver might just need five or six catches to hit that mark. Or they could turn 12 catches into 225 yards and 2 TDs like Puka Nacua did in Week 16 against the Seahawks.

Last season was a mixed bag at the position, as injuries and/or poor QB play contributed to down years for top wideouts like Tyreek Hill, CeeDee Lamb and Justin Jefferson, among others. Nacua, however, reached another level, leading the NFL in both receptions (129) and receiving yards per game (107.2) while his Rams teammate Davante Adams led the league with 14 touchdown receptions. No receiver, however, was able to do what Ja'Marr Chase had done the previous year, hitting the rare receivers' Triple Crown. No player—not even the GOAT Jerry Rice—has reached that mountain more than once, but Chase at barely age 26 has many prime years left in his career. He'll have plenty of players chasing WR greatness alongside him.

1 Puka Nacua Los Angeles Rams

Nacua was No. 1 last year in receiving yards per game (107.2). In fact, since entering the league in 2023, he's still No. 1 (95.3), well ahead of No. 2 Ja'Marr Chase (88.5). With career marks of 9.7 yards per target and 9.8 targets per game, Nacua has elite efficiency and volume, and he's also a contributing rusher (33-240-2 for career). He'll likely lose TDs once again to WR Davante Adams in 2026, but even so Nacua is probably the league's best wideout.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Rams	2025	166	129	1,715	10	310.5	19.4	93
	2026	155	114	1,476	8.4	266.4	16.7	

2 Ja'Marr Chase Cincinnati Bengals

Chase since 2024 is No. 1 in targets (360), receptions (252), receiving yards (3,120) and receiving TDs (25). Since he entered the league in 2021, Chase is No. 2 in targets (767), receptions (520), receiving yards (6,837) and receiving TDs (54). Only 26 years old and still very much in his prime, Chase enters 2026 with a ceiling as high as the heavens and a floor higher than almost everyone else's ceiling. A case can be made for him as the 1.01.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Bengals	2025	185	125	1,412	8	251.1	15.7	92
	2026	165	115	1,407	9.9	259.1	16.2	

3 Jaxon Smith-Njigba Seattle Seahawks

Smith-Njigba had an NFL-best 1,793 yards receiving in 2025, and across his three-year career he has made marked improvements each season in both efficiency (6.8 yards per target, 8.2, 11.0) and volume (5.5 targets per game, 8.1, 9.6). With the offseason departure of former OC Klint Kubiak, the Seahawks offense might regress in 2026, but as long as his 2025 usage carries over (No. 1 with a 35% target share), Smith-Njigba's production should stay intact.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Seahawks	2025	163	119	1,793	10	300.4	17.7	94
	2026	154	110	1,370	9.0	250.3	15.6	

4 Amon-Ra St. Brown Detroit Lions

St. Brown had another typical campaign in 2025 (117-1,401-11 receiving), and since his 2022 breakout performance, he's No. 1 in receptions (457), No. 2 in targets (623), No. 3 in receiving TDs (39) and No. 4 in receiving yards (5,340). How new OC Drew Petzing fits with the Lions is uncertain, but he shouldn't be a major downgrade on former OC John Morton, and with HC Dan Campbell and QB Jared Goff still on the team, St. Brown should have another standard season in 2026.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Lions	2025	172	117	1,401	11	265.5	15.6	89
	2026	144	108	1,240	9.3	236.3	14.8	

> JA'MARR CHASE
BENGALS
1

5 CeeDee Lamb Dallas Cowboys

Lamb had a down campaign last season (75-1,077-3 receiving) as he missed three games and was outshined (hit the grunge riff) by the younger, more explosive George Pickens (93-1,429-9). But Lamb is still in his prime at 27 years old, and over the past half decade he's No. 3 in receptions (497) and receiving yards (6,481). If QB Dak Prescott stays healthy, a return to 1,200+ yards and 6 TDs for Lamb is reasonable, even with Pickens still on the roster.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Cowboys	2025	117	75	1,077	3	163.4	11.7	76
	2026	146	102	1,307	7.9	230.9	14.4	

6 Justin Jefferson Minnesota Vikings

Jefferson over the past half decade is No. 1 in receiving yardage (7,080). A likely Hall of Famer, he still might be the league's best pure pass catcher. He's coming off his worst season (61.6 receiving yards per game, 7.4 yards per target), but the Vikings offense should be better this year, whether QB J.J. McCarthy improves or HC Kevin O'Connell benches him for veteran Kyler Murray. The No. 4 WR last year in target share (31%), Jefferson could enjoy a significant bounceback in 2026.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Vikings	2025	141	84	1,048	2	159.5	9.4	73
	2026	144	95	1,286	6.6	217.0	13.6	

7 Rashee Rice Kansas City Chiefs

Rice as a 2023 rookie became the No. 1 WR for the championship-winning Chiefs after the Week 10 bye (73-822-4 receiving on 94 targets, 11 games including playoffs). In 2024, he manhandled Weeks 1-3 (24-288-2 receiving, 29 targets), but then suffered a season-ending knee injury in Week 4 and missed the first six games of 2025 to suspension. He looked like himself upon his return (53-571-5 receiving, 78 targets in eight games) and is clearly the No. 1 target in K.C.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Chiefs	2025	78	53	571	5	123.6	15.5	81
	2026	142	104	1,142	8.8	229.3	14.3	

8 Drake London Atlanta Falcons

London was good but not great in his first two NFL seasons with HC Arthur Smith (53.7 yards per game), but in the 2024-25 seasons he was No. 9 with 75.5 yards receiving per game, and the Falcons offense could improve in 2026 with the addition of offensive HC Kevin Stefanski. He has a subpar QB situation (injured Michael Penix vs. retread Tua Tagovailoa), but London will enter the 2026 season primed to make even more progress at just 25 years old.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Falcons	2025	112	68	919	7	167.9	14.0	83
	2026	142	94	1,229	7.8	216.7	13.5	

9 Malik Nabers New York Giants

Nabers suffered a season-ending ACL tear in Week 4, but he was a small-sample usage king in 2025 (league-high 51% air yard share), and in 2024 he was an elite 21-year-old rookie (109-1,204-7 receiving on 170 targets, 15 games). Nabers is a risk-seeking bet on talent in 2026, but if he returns to full health early in the campaign and QB Jaxson Dart develops as a passer in his second season, the third-year pro could have a league-winning breakout.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Giants	2025	35	18	271	2	48.1	12.0	76
	2026	144	92	1,149	7.4	208.2	13.0	

10 Nico Collins Houston Texans

Collins has been one of the league's most productive yet still underappreciated WRs since 2023, when the Texans drafted QB C.J. Stroud. Over the past three seasons, Collins has displayed elite efficiency (10.4 yards per target) and been one of just six WRs with 1,000+ yards receiving each campaign. He has missed 19 games across his five-year career, so injuries are an elevated risk, but as long as he plays 13+ games, Collins should again make his way to 1,000+ yards and 6 TDs.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Texans	2025	120	71	1,117	6	190.7	12.7	75
	2026	130	84	1,266	7.4	214.9	13.4	

11 A.J. Brown Philadelphia Eagles

Brown has enjoyed a borderline Hall of Fame career to this point, but in 2025 he had the least efficient season of his Eagles tenure (8.3 yards per target), and in 2026 he'll be 29 years old. Still, Brown is one of just four WRs with 1,000+ yards receiving in each season since he joined the team in 2022. As of this publishing, trade rumors to New England have been swirling. With Drake Maye, Brown would be playing with the best pure passer of his career.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Eagles	2025	121	78	1,003	7	181.3	12.1	77
	2026	128	85	1,179	6.9	203.5	12.7	

12 George Pickens Dallas Cowboys

Pickens played at his peak last year with the Cowboys (93-1,429-9 receiving, 137 targets) after opening his career with three promising-yet-frustrating campaigns (9.7 yards per target) in subpar circumstances with the Steelers. Pickens can be lackadaisical and boneheaded, and the Cowboys might not get the best of him this year if they fail to reach a long-term deal. But there weren't five WRs in the league better than him in 2025.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Cowboys	2025	137	93	1,429	9	245.4	14.4	78
	2026	127	83	1,263	7.9	215.2	13.5	

13 DeVonta Smith Philadelphia Eagles

Smith has toiled as a high-floor, low-ceiling No. 2 WR alongside alpha A.J. Brown for most of his career. It's not ideal that his target volume has steadily declined since his first season with Brown (8.0 per game, 7.0, 6.9, 6.7), but across that timeframe his efficiency has been solid (9.1 yards per target), and he has been healthy (just three games missed to injury). If Brown is traded, Smith's production could skyrocket.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Eagles	2025	113	77	1,008	4	163.3	9.6	67
	2026	117	86	1,105	6.7	195.0	12.2	

14 Chris Olave New Orleans Saints

Olave broke out last year (100-1,163-9 receiving) and was especially strong after the Saints traded away No. 2 WR Rashid Shaheed (No. 2 Utilization Score at 92; 45-603-6 receiving on 69 targets in 7 games). If QB Tyler Shough progresses in his second season and the offense comes together more in HC Kellen Moore's second year with the team, Olave's hot back half of 2025 could extend across all of 2026. What Jaxon Smith-Njigba was last year, Olave might be this year.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Saints	2025	156	100	1,163	9	220.0	13.8	86
	2026	135	91	1,151	6.3	198.7	12.4	

15 Tetairoa McMillan Carolina Panthers

McMillan won 2025 OROY with 70-1,014-7 receiving on 122 targets, joining Randy Moss, Anquan Boldin, Percy Harvin, Odell Beckham, Ja'Marr Chase and Garrett Wilson as one of just seven WRs to earn OROY over the past three decades. McMillan is unfortunately tied to QB Bryce Young for 2026, but last year he was the No. 5 WR in air yard share (43%), and he could take a sizable second-season leap into the position's elite tiers with his big-play downfield ability.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Panthers	2025	122	70	1,014	7	176.4	10.4	72
	2026	126	75	1,066	6.9	185.5	11.6	

16 Garrett Wilson New York Jets

Wilson had an injury-impacted seven-game campaign in 2025, but he finished No. 2 in target share (34%) and No. 3 in air yard share (48%). And in his three previous seasons, he had 1,000+ yards each year and averaged 9.2 targets per game. With Wilson, the concern is not talent but circumstance: He plays for the Jets. He should improve upon last year's totals of 395 yards and 4 TDs, but his 2024 marks of 1,104 and 7 are far from guaranteed in 2026.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Jets	2025	59	36	395	4	81.5	11.6	76
	2026	139	90	1,039	5.4	181.6	11.4	

17 Luther Burden Chicago Bears

Burden had a modest-looking rookie campaign (47-652-2 receiving, 60 targets), but his usage (45 targets) and production (481 yards receiving) picked up in the final eight games after he returned from injury in Week 10, and for the season he was the No. 8 WR in efficiency (10.9 yards per target). The No. 1 WR in the 2022 recruitment class, Burden exploded as a college sophomore with 86-1,212-9 receiving. He could similarly enjoy a second-year NFL breakout in 2026.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Bears	2025	60	47	652	2	104.4	7.0	39
	2026	119	82	1,025	5.8	185.7	11.6	

18 Tee Higgins Cincinnati Bengals

Higgins is the Don Felder to Ja'Marr Chase's Joe Walsh: He was in the band first, and he can solo—but who cares? In their five years together, Chase has averaged 86.4 yards receiving per game without Higgins; Higgins, 90.3 without Chase. The problem: With Chase, Higgins has 63.4. If Chase misses significant time in 2026, Higgins will have league-winning upside. If Chase is healthy, Higgins will have around 900 yards and 9 TDs. Useful, and so close to the 1,000-10 benchmark, but unsexy.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Bengals	2025	98	59	846	11	182.1	12.1	67
	2026	110	68	959	9.9	189.3	11.8	

19 Mike Evans San Francisco 49ers

Evans had fewer than 1,000 yards last season for the first time in his 12-year career, thanks to the calamitous combination of injury (nine missed games) and inefficiency (5.9 yards per target). While Evans was productive (2,259 yards, 24 TDs) in his two prior campaigns, a bounceback isn't assured: His situation with the 49ers looks good, but Evans will be 33 years old in Week 1, and not all WRs seamlessly transition to new teams. The end might not be imminent, but it's inevitable.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Buccaneers	2025	62	30	368	3	69.8	8.7	65
	2026	114	73	985	8.6	186.6	11.7	

20 Jaylen Waddle Denver Broncos

Waddle enters a new era: After five years with the Dolphins, he joined the Broncos via trade this offseason and is poised to compete with Courtland Sutton for the No. 1 WR role in HC Sean Payton's offense. Last season, after teammate Tyreek Hill's season-ending injury in Week 4, Waddle was No. 1 in air yard share (46%), and he leveraged that usage into 47-725-4 receiving in 11 full games. For 2026, something close to Waddle's career averages seems reasonable: 1,007.8 yards with 5.2 TDs.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Dolphins	2025	100	64	910	6	161.8	10.1	65
	2026	118	79	1,066	6.5	187.8	11.7	

21 Zay Flowers Baltimore Ravens

Flowers has improved in each of his three NFL seasons (7.9 yards per target, 9.1, 10.3), resulting in a strong 1,211 yards receiving last year. Additionally, he has a respectable rushing role within his offense (27-174-2 for career). The issue: Flowers has seemingly plateaued as a modest target earner (6.8 per game, 6.8, 6.9), and he has never had more than 6 TDs in a season. New offensive coordinator Declan Doyle might expand Flowers' role, but 2025 could be his peak.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Ravens	2025	118	86	1,211	5	200.3	11.8	77
	2026	117	82	1,079	5.2	188.7	11.8	

22 Emeka Egbuka Tampa Bay Buccaneers

Egbuka didn't have a bad rookie year (63-938-6 receiving, 127 targets), but it ended terribly (23-261-0, 51 targets in eight games), especially in comparison to how wonderfully it started (40-677-6, 76 targets in nine games). On the one hand, Egbuka is a talented first-rounder, and most WRs improve in their second season. On the other hand, he has an uncertain fit in new OC Zac Robinson's system, and he'll still need to compete for targets with WRs Chris Godwin and Jalen McMillan. Egbuka: 2026 Rorschach.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Buccaneers	2025	127	63	938	6	164.2	9.7	66
	2026	122	73	1,027	6.7	180.8	11.3	

> ZAY FLOWERS

23 Jordyn Tyson New Orleans Saints

Tyson is a three-level technician who led Colorado in receiving as an 18-year-old true freshman and then put up 136-1,812-18 in 21 games at Arizona State in his two final seasons. The eighth overall pick in April's draft has a medical history (torn ACL, broken collarbone, pulled hamstring), but when healthy, he could be the No. 1 WR in the 2026 class. In college, he looked like a pro with his ability to produce against man and zone. Even as a rookie, he could be a difference maker.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Played in college for Arizona State in 2025								
	2026	127	84	1,021	5.9	179.5	11.2	

24 Ladd McConkey Los Angeles Chargers

McConkey disappointed in 2025 as much as he delighted in 2024. With an identical year-over-year aDOT (9.9 yards) and only slightly fewer targets (106 vs. 112), McConkey saw his production precipitously drop off last year (789 yards receiving vs. 1,149). For 2026, we'll probably get a middle-ground third-year performance, although the return of injured OTs Rashawn Slater and Joe Alt, addition of new OC Mike McDaniel, and departure of WR Keenan Allen could push McConkey toward the superior form of his rookie year.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Chargers	2025	106	66	789	6	147.9	9.2	62
	2026	105	74	959	6.3	172.3	10.8	

25 Davante Adams Los Angeles Rams

Adams last year had his lowest yardage total (789) in a decade, and over the past three years (after he turned 30), his efficiency has disappeared (7.0 yards per target). Even so, he had a league-leading 14 TDs in 2025 (in just 14 games), thanks to his NFL-high 27 targets in the end zone and 23 inside the 10-yard line. It's hard to count on TDs, especially from an aging WR, but few pass catchers are more bankable than Adams in the red zone.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Rams	2025	114	60	789	14	192.9	13.8	78
	2026	129	73	880	10.2	185.7	11.6	

26 Rome Odunze Chicago Bears

Odunze in 2025 was a stud for the first month (20-296-5 receiving, 35 targets), but after the Week 5 bye he was an afterthought (28-453-1, 67 targets, 10 games). Entering his third year, he could capitalize on the departure of WR D.J. Moore, but he also must compete with ascending WR Luther Burden (10.9 yards per target) and TE Colston Loveland (8.7), both of whom impressed in 2025. That will be a difficult competition for Odunze to win.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Bears	2025	90	44	661	6	124.1	10.3	68
	2026	122	68	981	7.4	176.5	11.0	

27 Jameson Williams Detroit Lions

Williams started out slow in the NFL with injury- and suspension-impacted 2022-23 seasons, but over the past two years he has put up back-to-back 1,000-yard, 7-TD campaigns with über-elite efficiency (11.0 yards per target). As the No. 2 WR behind Amon-Ra St. Brown and in competition with RB Jahmyr Gibbs and TE Sam LaPorta, the speedy Williams probably won't vastly exceed 100 targets, but as long as he's near that mark, he'll have a good shot to replicate his 2024-25 success.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Lions	2025	102	65	1,117	7	187.4	11.0	66
	2026	92	61	1,007	5.8	169.1	10.6	

28 Carnell Tate Tennessee Titans

Tate went off the board with the fourth overall pick as the No. 1 wide receiver in the 2026 draft, so expectations for the 21-year-old aren't insignificant. With his polished game, Tate can move the chains and explode for big gains. Still, he had never been the No. 1 WR in his college offense (51-875-9 receiving last year), and physical CBs might be able to press him because of his lean frame (6-2, 192 pounds). In the NFL, Tate's likelier to be a No. 2 WR than a No. 1.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Played in college for Ohio State in 2025								
	2026	115	69	914	5.2	157.1	9.8	

29 Terry McLaurin Washington Commanders

McLaurin had a bad 2025: QB Jayden Daniels missed 10 games, McLaurin himself missed seven, and he had a career-low 6.0 targets per game. The result: A paltry 38-582-3 receiving. Given his age (he turns 31 years old in September), McLaurin carries concerns. But perhaps last year's quad injury was the result of his offseason holdout, not physical decline: After all, in 2025 he had a career-best 2.22 yards per route. With a healthy Daniels, McLaurin could return to his previous 1,000-yard form.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Commanders	2025	60	38	582	3	95.2	9.5	63
	2026	113	75	1,045	6.3	179.8	11.2	

30 DJ Moore Buffalo Bills

Moore last year had only 85 targets and a career-worst 682 yards receiving. But in his six prior seasons (since his second campaign), Moore averaged 135 targets and had more yards receiving (7,425) than WR Mike Evans (6,949). Moore's efficiency last year (8.0 yards per target) was comparable to that of his previous four seasons (7.9), and he was still the rusher he's always been (15-79-1 in 2025, 72-510-2 for career). Just 29 years old, Moore could bounce back with the Bills.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Bears	2025	85	50	682	6	141.1	8.3	56
	2026	93	63	796	6.4	157.2	9.8	

31 Christian Watson Green Bay Packers

Watson has missed 20 games across his four-year career, and he's never had even 700 scrimmage yards in any given season. But he has been beautifully efficient in the NFL (10.0 yards per target), especially over the past two years (11.4), and in 2025 he was the No. 1 WR for the Packers (20% target share, 35% air yard share) after returning in Week 8 from his 2024 ACL tear. In 2026, we might finally see the long-awaited Watson explosion.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Packers	2025	55	35	611	6	114.9	11.5	63
	2026	100	58	954	7.3	169.8	10.6	

32 DK Metcalf Pittsburgh Steelers

Metcalf hit career-low marks last year in targets (99) and receiving yards (850), and 2026 might not be better with the trade for veteran WR Michael Pittman. Then again, the addition of HC Mike McCarthy might juice the offense, and Metcalf was a top-12 WR in 2025 in air yard share (40%) and end-zone target share (38%). While 2020 is a distant memory (1,303 yards, 10 TDs), a return to 2023 might be possible (1,114 yards, 8 TDs).

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Steelers	2025	99	59	850	6	157.7	10.5	65
	2026	113	68	983	7.4	178.3	11.1	

33 Courtland Sutton Denver Broncos

Sutton hasn't been the same since his 2020 ACL tear (8.8 yards per target prior vs. 8.0 after). His early-career juice is gone, he turns 31 years old in October, and the Broncos traded for Jaylen Waddle this offseason. Sutton has been boringly productive with QB Bo Nix over the past two seasons (155-2,098-15 receiving, 259 targets), but he'll probably prove this year that it's better to bore than disappoint. Even if Sutton is respectable in 2026, he probably won't be forceful.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Broncos	2025	124	74	1,017	7	182.7	10.7	71
	2026	108	69	928	7.0	169.3	10.6	

34 Parker Washington Jacksonville Jags

Washington entered the league in 2023 as a lowly sixth-round selection, but he has improved every year of his career (6.3 yards per target, 7.6, 8.9), and last season he was actually the No. 1 WR for the Jaguars (58-847-5 receiving, 95 targets) while displaying inside-outside utility and playmaking punt return ability (25-341-2). Despite needing to compete for targets with WRs Brian Thomas, Jakobi Meyers, and Travis Hunter, the ascending Washington could have a 1,000-yard breakout in 2026.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Jaguars	2025	95	58	847	5	155.7	9.7	57
	2026	113	77	935	4.9	165.8	10.4	

35 Makai Lemon Philadelphia Eagles

Lemon is a first-rounder who won the 2025 Fred Biletnikoff Award as the nation's best receiver (79-1,156-11, 9-4-2 rushing in 12 games). Lemon isn't a perimeter alpha, and physical CBs might bully him, but he's a compact high-volume slot man who wins with technique and agility and moves like an RB with the ball. Similar to Amon-Ra St. Brown (his USC forefather), Lemon is more of a football player than an athlete, and he too could have a real fantasy impact as a rookie.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Played in college for USC in 2025								
	2026	100	63	757	5.4	145.8	9.1	

36 Brian Thomas Jacksonville Jaguars

Thomas was a four-star recruit who dominated as an SEC junior (68-1,177-17 receiving) before tearing up the combine (4.33-second 40-yard dash at 209 pounds), going in Round 1 and balling out as a rookie (87-1,282-10 receiving, 133 targets). He failed in his second season (48-707-2, 91 targets), but it was his first with HC Liam Coen, and he missed three games. Thomas is a speculative play for 2026, but almost everything prior to 2025 suggests he's a true stud.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Jaguars	2025	91	48	707	2	114.8	8.2	63
	2026	92	53	774	5.1	138.6	8.7	

37 Marvin Harrison Jr. Arizona Cardinals

Harrison last year was markedly outplayed by teammate WR Michael Wilson (78-1,006-7 receiving), but he missed five games, and in their 12 weeks together he had the superior production and usage (41-608-4, 73 targets vs. 32-408-3, 59). At best, Harrison's likely to be the No. 2 pass option behind stud TE Trey McBride (1,239 yards, 11 TDs last season), but perhaps the arrival of offensive HC Mike LaFleur will set off a third-year surge for the former top-5 pick.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Cardinals	2025	73	41	608	4	107.3	8.9	60
	2026	102	58	826	5.3	143.4	9.0	

38 Michael Wilson Arizona Cardinals

Wilson broke out last year (78-1,006-7 receiving), but it was the splitsiest season ever. In five games without No. 1 WR Marvin Harrison, he was Jerry Rice (46-598-4 receiving, 68 targets). But in their 12 weeks together, Wilson was Jerry from *Parks and Recreation* (32-408-3, 59). New HC Mike LaFleur might elevate Wilson above Harrison, but even then, he'll be behind TE Trey McBride (1,239 yards, 11 TDs last season). Wilson likely won't finish with 1,000 yards again. He'll have either 1,200 or 800.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Cardinals	2025	126	78	1,006	7	181.6	10.7	68
	2026	110	69	899	5.3	156.2	9.8	

39 Michael Pittman Pittsburgh Steelers

Pittman has never been exceptional, but he's been effective over the past half decade (4,751 yards, 24 TDs receiving). A chain-moving veteran who does his best work between the hashes and within 15 yards of the line of scrimmage, Pittman has seen his explosiveness evaporate into the ether (8.3 yards per target in 2020-21, 7.1 since), but he's still good enough as a route runner and contested-catch specialist to get a flat, but functional, 800 yards and 6 TDs for the Steelers in 2026.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Colts	2025	111	80	784	7	162.4	9.6	61
	2026	121	84	877	5.4	162.1	10.1	

40 Jordan Addison Minnesota Vikings

Addison has a penchant for finding himself in legally precarious off-field situations, and last year he suffered through the on-field catastrophe that was the Vikings offense with QB J.J. McCarthy (42-610-3 receiving, 79 targets in 14 games). But in his two prior seasons he was efficient (8.6 yards per target) and productive (133-1,786-19 receiving, 4-22-1 rushing). At the age of 24 years old, Addison is potentially still ascending. The problem: The same can't be said with certainty of McCarthy and veteran Kyler Murray.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Vikings	2025	79	42	610	3	114.1	8.2	59
	2026	94	60	818	5.3	145.5	9.1	

> MICHAEL WILSON

41 Jayden Reed Green Bay Packers

Reed had a terrible 2025 (235 yards, one TD), but he missed 10 games with injuries, which impacted his entire season. Even so, Reed was his typical efficient self (9.4 yards per target, 9.3 yards per carry), and in his two prior campaigns he proved himself to be a big-play producer (1,932 yards, 17 TDs). For the Packers, Romeo Doubs is gone, Matthew Golden looked lost last year and Christian Watson has never had 700 yards in a season. Reed has league-winning 1,000-10 potential.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Packers	2025	22	19	207	1	39.0	5.6	36
	2026	82	58	781	5.8	154.9	9.7	

42 Alec Pierce Indianapolis Colts

Pierce has been the NFL's most explosive wide receiver over the past two seasons (11.9 yards per target), and last year he popped off with a career-best 47-1,003-6 receiving. With his strong development, Pierce has pushed the Colts to part ways with WRs Michael Pittman and Adonai Mitchell over the past 12 months, and now in 2026 he's ready to emerge fully as the team's No. 1 receiver … a role he has secretly held in the shadows since 2024.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Colts	2025	84	47	1,003	6	159.8	10.7	64
	2026	101	58	935	6.1	159.1	9.9	

43 Chris Godwin Tampa Bay Buccaneers

Godwin has missed 18 games over the past two seasons, and last year he had the most inefficient campaign of his career (7.1 yards per target), but after returning from an ankle/fibula injury, he looked much more like his former self in the season's final six games (9.1 yards per target). Now 30 years old, Godwin is at best equal parts peril and possibility entering 2026, but if he stays healthy, one final 1,000-yard performance could materialize without former No. 1 WR Mike Evans.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Buccaneers	2025	51	33	360	2	66.5	7.4	51
	2026	101	67	765	4.9	139.4	8.7	

44 KC Concepcion Cleveland Browns

Concepcion is a first-round motion slot for the modern offense. He's not big (6-foot and 196 pounds), but he's a compact space creator with above-average long speed, real first-step pop and outstanding short-area agility. This past year as a junior at Texas A&M he was the team's top all-around producer (61-919-9 receiving, 10-75-1 rushing, 25-456-2 punt returning, 13 games). Physical CBs might overpower him, but Concepcion has the technique and athleticism to win in the NFL.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Played in college for Texas A&M in 2025								
	2026	102	61	752	4.1	135.2	8.5	

45 Jakobi Meyers Jacksonville Jaguars

Meyers is the walking embodiment of "cromulent." If you want 800 yards, he'll get you 800. If you want 1,200, he might get 1,000—but 800's likelier. After his midseason trade to the Jaguars, he had an obscene 95% route rate in his final eight games (including playoffs), and yet that resulted in only modest statistics (35-390-3 receiving, 56 targets). Meyers should hit his usual quota of 100 targets in 2026, but competing with WRs Brian Thomas, Parker Washington and Travis Hunter, he probably won't hit 120.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Raiders/Jags	2025	110	75	835	3	138.3	8.6	66
	2026	103	71	784	4.6	144.8	9.1	

46 Ricky Pearsall San Francisco 49ers

Pearsall entered the league in 2024 as a surprise first-rounder, and since then he has failed to live up to his draft capital. To his credit, he had 22-321-3 receiving and 45 yards rushing in his four rookie starts, and then in 2025 he had 16-281-0 in Weeks 1-3 before a Week 4 knee injury thwarted his season. To his detriment, he has regularly been on the injury report for various reasons. Pearsall's gifted, but especially now with WR Mike Evans on the team, talent might not be enough.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
49ers	2025	53	36	528	0	70.6	7.8	60
	2026	78	53	735	4.3	128.9	8.1	

> CHRIS GODWIN

47 Wan'Dale Robinson Tennessee Titans

Robinson isn't exciting. His career efficiency is modest (6.3 yards per target), and he has just 9 TDs across four NFL seasons. But he's effective at turning targets into receptions (68.9% catch rate), and Ja'Marr Chase, Amon-Ra St. Brown, Jaxon Smith-Njigba and Justin Jefferson are the only WRs with more targets over the past two seasons (280). With the Titans, Robinson's uncertain to repeat his 2025 success (92-1,014-4 receiving), but he'll still be a PPR cheat code in 2026 if his target volume holds.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Giants	2025	140	92	1,014	4	171.9	10.7	75
	2026	114	80	751	3.6	139.5	8.7	

48 Romeo Doubs New England Patriots

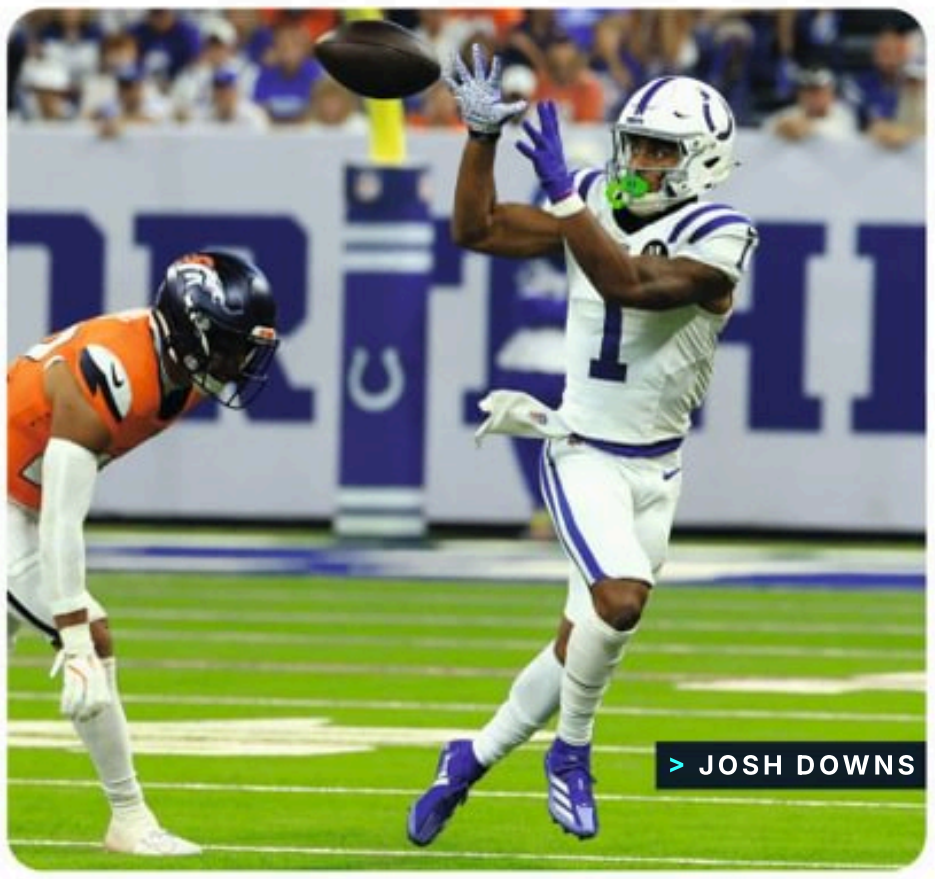
Doubs is Jakobi Meyers minus maybe 1.5 targets a game. Doubs never was a true No. 1 WR in any of his four seasons with the Packers, but he has improved each season of his career (6.3 yards per target, then 7.0, 8.3, 8.5), and he has the inside/outside versatility to stick on the field in most personnel packages. Now with the Patriots, Doubs has a shot to get that extra 1.5 targets this year, and if he does, a Meyers-esque 800-1,000 yards should ensue.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Packers	2025	85	55	724	6	137.9	8.6	56
	2026	92	60	762	6.2	143.4	9.0	

49 Omar Cooper New York Jets

Cooper never had a big breakout at Indiana (69-937-13 receiving, 3-74-1 rushing in 16 games last year), but he was the co-No. 1 WR in his final season for the championship-winning Hoosiers, and his inside/outside versatility gives him a shot to stick in two-WR sets as a rookie and earn a full-time role right away. With his athleticism (4.42-second 40-yard dash), draft capital (Round 1), and all-around skill set, Cooper could be a surprise fantasy contributor in 2026.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Played in college for Indiana in 2025								
	2026	95	57	697	4.8	129.0	8.1	



50 Josh Downs Indianapolis Colts

Downs disappointed in 2025 with career-low marks (5.5 targets per game, 6.4 yards per target). Without former No. 1 WR Michael Pittman, it's likely that Downs will regress in 2026 toward his NFL averages (6.3 targets per game, 7.3 yards per target), but one might be excused for noting that those numbers still aren't desirable. Sadly, Downs entering his fourth season still seems to be the guy he was as a prospect: A competent slot man but not a difference maker.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Colts	2025	88	58	566	4	107.4	6.7	48
	2026	98	70	699	4.2	131.3	8.2	

51 Khalil Shakir Buffalo Bills

Shakir has been an efficient receiver throughout his career (8.9 yards per target), and over the past two seasons he was easily the No. 1 WR for the Bills (148-1,540-8 receiving, 195 targets). With veteran D.J. Moore now on the team, Shakir's unlikely to remain the top pass catcher, but he still has a fair chance to approach the 95 targets he earned in 2025. His ceiling might be shallow, but Shakir's fantasy floor is sneakily solid.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Bills	2025	95	72	719	4	130.4	8.2	51
	2026	80	64	771	3.5	132.0	8.3	

52 Matthew Golden Green Bay Packers

Golden underperformed his first-round promise last year as a rookie (410 yards, zero TDs). At the same time, he produced when given opportunities (8.2 yards per target), he earned regular work as a runner (10-49-0), and he flashed in one playoff game (4-84-1 receiving). It's hard for any Packers WR to dominate because of how the offense spreads the ball around, and Golden might open the year as the team's least important skill-position starter, but he has the potential to exceed 2026 fantasy expectations.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Packers	2025	44	29	361	0	55.5	4.0	
	2026	74	52	636	4.3	121.4	7.6	

53 Xavier Worthy Kansas City Chiefs

Worthy blazed an NFL-record 4.21-second 40-yard dash in 2024 and then tantalized as a 21-year-old rookie with 754 yards and 7 TDs from scrimmage in his 10 final games (including playoffs), but in his second season he massively disappointed (619 yards, 1 TD). Despite his deep speed and decent career aDOT (10.4 yards), Worthy has been inefficient at turning passes into production (6.8 yards per target). That might change in 2026, but the start to Worthy's career has hardly been auspicious.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Chiefs	2025	73	42	532	1	88.9	6.4	49
	2026	89	53	626	3.4	120.1	7.5	

54 Jalen Coker Carolina Panthers

Coker has displayed highlight efficiency through two seasons (9.8 yards per target), but that hasn't translated into production (872 yards, 22 games). His problems are threefold: 1) He plays with QB Bryce Young. 2) No. 1 WR Tetairoa McMillan could be even more of a target hog this year after his 2025 OROY campaign. 3) The team has no draft capital invested in him. Coker's ability is evident, but he's still just the No. 2 WR in a limited aerial attack.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Panthers	2025	43	33	394	3	73.9	6.7	45
	2026	89	63	788	4.3	136.1	8.5	

55 Quentin Johnston L.A. Chargers

Johnston disappointed in 2023 as a rookie (38-431-2 receiving), but he has improved each year of his career (6.4 yards per target, 7.8, 8.8), and over the past two seasons he has been a livable low-end fantasy contributor (106-1,446-16, 175 targets). With WR Keenan Allen gone, what's to say that Johnston in 2026 won't be even more productive for the Chargers? It's not likely, but he has a legitimate shot to seize the No. 1 WR role from teammate Ladd McConkey.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Chargers	2025	84	51	735	8	145.7	10.4	62
	2026	78	48	616	6.3	124.6	7.8	

56 Chris Bell Miami Dolphins

Bell is a third-round rookie who might've drawn first-round draft capital if not for a November ACL tear. The drawbacks with Bell are apparent: He didn't break out until his final season (72-917-6, 11 games), and he might start slowly because of his knee injury. But the advantages are also clear: With his Josh Gordon-like combination of size (222 pounds) and speed (22.5-second 200-meter dash in high school), he can turn any touch into a TD. With Bell, it's probably better to be a year early.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Played in college for Louisville in 2025								
	2026	91	57	709	3.7	121.6	7.6	

57 Jayden Higgins Houston Texans

Higgins had a nondescript rookie campaign (41-525-6 receiving, 68 targets). It was neither good nor bad. It was forgettable. Selected No. 34 last year, Higgins has the speed to get downfield (4.47-second 40-yard dash) and the size to play on the perimeter (214 pounds). The problem: QB C.J. Stroud has underwhelmed over the past two seasons (218.3 yards, 1.26 TDs passing per game), and Higgins will likely once again be below WR Nico Collins and TE Dalton Schultz in target priority.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Texans	2025	68	41	525	6	109.0	6.4	39
	2026	76	47	582	4.0	107.3	6.7	

58 Jalen McMillan Tampa Bay Buccaneers

McMillan was a playmaking specialist as the No. 3 WR for the Bucs behind Mike Evans and Chris Godwin in his 2024 rookie season (37-461-8, 58 targets; 4-43-0 rushing), but then a broken neck sidelined him for all but the final month of his 2025 follow-up campaign. Still, he flashed in limited action last year (11.9 yards per target), and he enters 2026 fully healthy. If Godwin (30 years old) endures a significant decline, McMillan could seize the No. 2 WR job.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Buccaneers	2025	15	12	178	0	23.9	6.0	40
	2026	70	43	552	4.4	106.3	6.6	

59 Calvin Ridley Tennessee Titans

Ridley started his career strong (3,123 yards, 26 TDs in 2018-20), but he played just five games in 2021-22 due to injury and suspension. He rebounded with back-to-back 1,000-yard campaigns in 2023-24 … but then had a career-worst season in 2025 (17-303-0 receiving, seven games). Even so, Ridley was efficient last year (8.4 yards per target), and he could reclaim the No. 1 WR job for the Titans. He turns 32 years old in December, but Ridley might survive one more NFL winter.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Titans	2025	36	17	303	0	38.8	5.5	45
	2026	93	51	733	3.8	122.9	7.7	

60 Brandon Aiyuk

Aiyuk has been out since Week 7 of 2024 due to injury and attitude, and now he's on a new team, so he's a 2026 projection. He's only 28 years old, he has a strong career mark of 9.7 yards per target, and in 2023 (his last full season), he had 1,342 yards receiving. But in 2025 he seemed more interested in leaving San Francisco than playing football. When right, Aiyuk's a 1,000-yard receiver, but we can't assume he'll ever be right again.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Did not play in 2025 (injured)								

61 Jauan Jennings

Jennings was the No. 1 WR for the 49ers over the past two seasons, but cynicism is warranted for 2026: Last year he had just 55-643-9 receiving on 90 targets, he was the No. 3 pass catcher behind RB Christian McCaffrey (102 receptions) and TE George Kittle (57), and he fell into the No. 1 WR role due to injuries. The 29-year-old veteran isn't a bad player, but especially now on a new team, he's probably not someone to regret passing on in fantasy drafts.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
49ers	2025	90	55	643	9	145.8	9.7	60

62 Denzel Boston Cleveland Browns

Boston is a textbook boundary receiver with playmaking skills and first-round draft capital. This past season at Washington, he powered his way to 62-881-11 receiving in 12 games and chipped in with a 78-yard TD punt return. With his prototypical size (6-foot-4 and 212 pounds), Boston uses his length to win 50-50 balls, and despite his height, he's a fluid route runner who can separate with technique. Boston probably won't be a No. 1 NFL WR as a rookie, but he should still be a contributor.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Played in college for Washington in 2025								
	2026	75	43	540	2.6	91.1	5.7	

63 Rashid Shaheed Seattle Seahawks

Shaheed demonstrated his special teams prowess last year (3 return TDs, including playoffs), yet he underwhelmed as a pass catcher after joining the Seahawks midseason. Prior to that, he showed himself to be a viable No. 2 WR with the Saints (64-848-5 receiving, 107 targets in 15 games since 2024), and throughout his career he has produced as a runner (26-192-1). Shaheed's boom/bust volatility makes him a risky pick, but if he once again gets a full-time role, he could pop off a big play-fueled 1,000-yard performance.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Saints/Seahawks	2025	92	59	687	2	127.1	7.1	50
	2026	66	43	554	2.9	100.2	6.3	

> RASHID SHAHEED

64 Tank Dell Houston Texans

Dell was a dynamo jitterbug in his first two seasons (98-1,376-10 receiving, 20-94-0 rushing, 25 games), but a devastating knee injury terminated his 2024 and sidelined him for 2025. Upon returning in 2026, Dell is uncertain to have a full-time role, as the Texans selected WRs Jayden Higgins and Jaylin Noel with top-100 picks last year after Dell's injury. Plus, QB C.J. Stroud isn't the passer he once was. Sadly, Dell's rookie season (9.5 yards per target) will probably be his best.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Did not play in 2025 (injured)								
	2026	78	48	621	4.5	113.1	7.1	

65 Stefon Diggs

Diggs impressed in 2025: He not only rebounded from a midseason ACL tear the year prior but also returned to form with his first 1,000-yard performance since 2023 and his most efficient campaign (9.9 yards per target) since 2019. Diggs has played mainly in the slot for two straight seasons, he turns 33 years old in November, he's had multiple off-field issues since last year, and now he's on his fourth team in as many seasons—but he's still good enough to be an NFL wide receiver.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Patriots	2025	102	85	1,013	4	167.8	9.9	59

66 Travis Hunter Jacksonville Jaguars

Hunter last year became the highest-drafted WR since Calvin Johnson went No. 2 in 2007. Was he a Megatron-level prospect? No. He also became the highest-drafted CB ever when the Jaguars selected him No. 2. Was he the greatest CB prospect ever? No. Hunter now must compete with WRs Brian Thomas, Jakobi Meyers, and Parker Washington, and it's possible (maybe even likely) that this year he'll play more on defense than offense. Hunter is multifacetedly talented, but he might never be a fantasy-reliable WR.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Jaguars	2025	45	28	298	1	49.8	7.1	52
	2026	44	29	302	2.4	59.1	3.7	

67 Jalen Nailor Las Vegas Raiders

After just signing with the Raiders, Nailor is coming off a season with the Vikings where he had one game exceeding 49 yards receiving. That was a 5-catch, 124-yard effort with a score in Week 9 against the Ravens. While the Raiders have a fairly open WR room—Brock Bowers will be the top target—Nailor hardly has the look of a player who will step into the target void for the Raiders. Last season he reached career highs in receptions (29), targets (53) and yards (444).

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Vikings	2025	53	29	444	4	86.2	5.1	36
	2026	66	41	545	3.3	96.1	6.0	

68 Tre Tucker Las Vegas Raiders

We will always have Week 3 last season, when Tucker exploded for 8 catches, 145 yards and 3 scores. Raise your hand if you started him that week. We didn't either. Tucker's Utilization Score that week was a pristine 98. He never surpassed 67 the rest of the way. Those who blew their FAAB on him now know that Tucker is a bit player who will explode on a rare occasion. At 5-foot-8, 182 pounds, he does not have the build to command heavy targets.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Raiders	2025	92	57	696	5	133.2	7.8	58
	2026	76	47	582	4.0	107.3	6.7	

69 Darnell Mooney New York Giants

After posting a healthy line of 64-992-5 in 2024 with the Falcons, Mooney battled nagging injuries on the way to playing 15 games and barely hitting 443 yards receiving on 32 catches. Now he's with the Giants, where he's with another alpha WR in Malik Nabers. At least when Nabers is healthy after tearing his ACL last season. Entering his age-29 season, Mooney's seasons like 2024 or hitting 1,055 with the Bears in 2021 are distant memories.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Falcons	2025	72	32	443	1	66.3	4.4	47
	2026	62	37	494	2.0	79.9	5.0	

70 Germie Bernard Pittsburgh Steelers

Bernard is a second-round rookie who as a senior seized the No. 1 WR role at Alabama from potential future first-rounder Ryan Williams with the best season of his career (64-862-7 receiving, 18-101-2 rushing). A polished route-running and hands-catching technician, he has the size (206 pounds) to play all three WR spots, the speed (4.48-second 40-yard dash) to get downfield, and the best-in-class agility (6.71-second three-cone) to dominate in the slot. Even in 2026, he should be a professional No. 2 NFL WR.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Played in college for Alabama in 2025								
	2026	70	43	469	3.2	87.6	5.5	

71 Malik Washington Miami Dolphins

Could Washington be the WR1 in Miami to start the season? That's a fairly dubious distinction, as the Dolphins had the most barren WR room after trading Jaylen Waddle and releasing Tyreek Hill during the offseason. Three rookie wide receivers were drafted by Miami, so Washington being the old head at age 25 says everything about this team. If any of those rookies begins to pop, Washington will get buried on the depth chart pretty quickly. And won't be on many fantasy rosters.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Dolphins	2025	65	46	317	3	93.7	5.5	40
	2026	73	50	476	2.1	96.0	6.0	

72 Zachariah Branch Atlanta Falcons

Branch is a Round 3 rookie with down-low upside. The No. 1 WR in the 2023 recruitment class, he led Georgia in receiving this past year (81-811-6, 14 games). A jitterbug slot, Branch is raw and small (177 pounds), but he's fast (4.35-second 40-yard dash), functional as a runner (15-94-1 in college), and elite as a special teamer (won Jet Award as freshman as nation's top returner). He'll likely never be an offensive centerpiece, but he could be an electric No. 2 NFL WR.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Played in college for Georgia in 2025								
	2026	64	42	417	2.0	82.1	5.1	

73 Jerry Jeudy Cleveland Browns

Jeudy last season suffered a steep year-over-year decline in both usage (106 targets vs. 145) and efficiency (5.7 yards per target vs. 8.5), which resulted in the halving of his production (50-602-2 receiving vs. 90-1,229-4). Jeudy is still in his prime at 27 years old, so a bounceback to his career average of 814 yards isn't unthinkable, but given his circumstances, even 1,000 yards feels as if it will be aggressively unattainable for Jeudy this coming season.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Browns	2025	106	50	602	2	95.7	5.6	56
	2026	77	45	599	2.9	99.8	6.2	

74 Kayshon Boutte New England Patriots

Boutte has been a criminally underutilized (114 targets) but wildly effective (10.0 yards per target) perimeter playmaker for the Patriots since 2024. Although he's neither big (197 pounds) nor athletic (4.99 RAS), Boutte's still young (24 years old) and ascending. A 2026 breakout isn't destined, but it's definitely a possibility for a dude who entered college as a five-star recruit, led LSU in receiving as an 18-year-old freshman, and then ranked No. 1 in WR efficiency last season (12.0 yards per target).

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Patriots	2025	46	33	551	6	107.6	7.7	45
	2026	56	37	553	5.0	103.8	6.5	

75 Isaac TeSlaa Detroit Lions

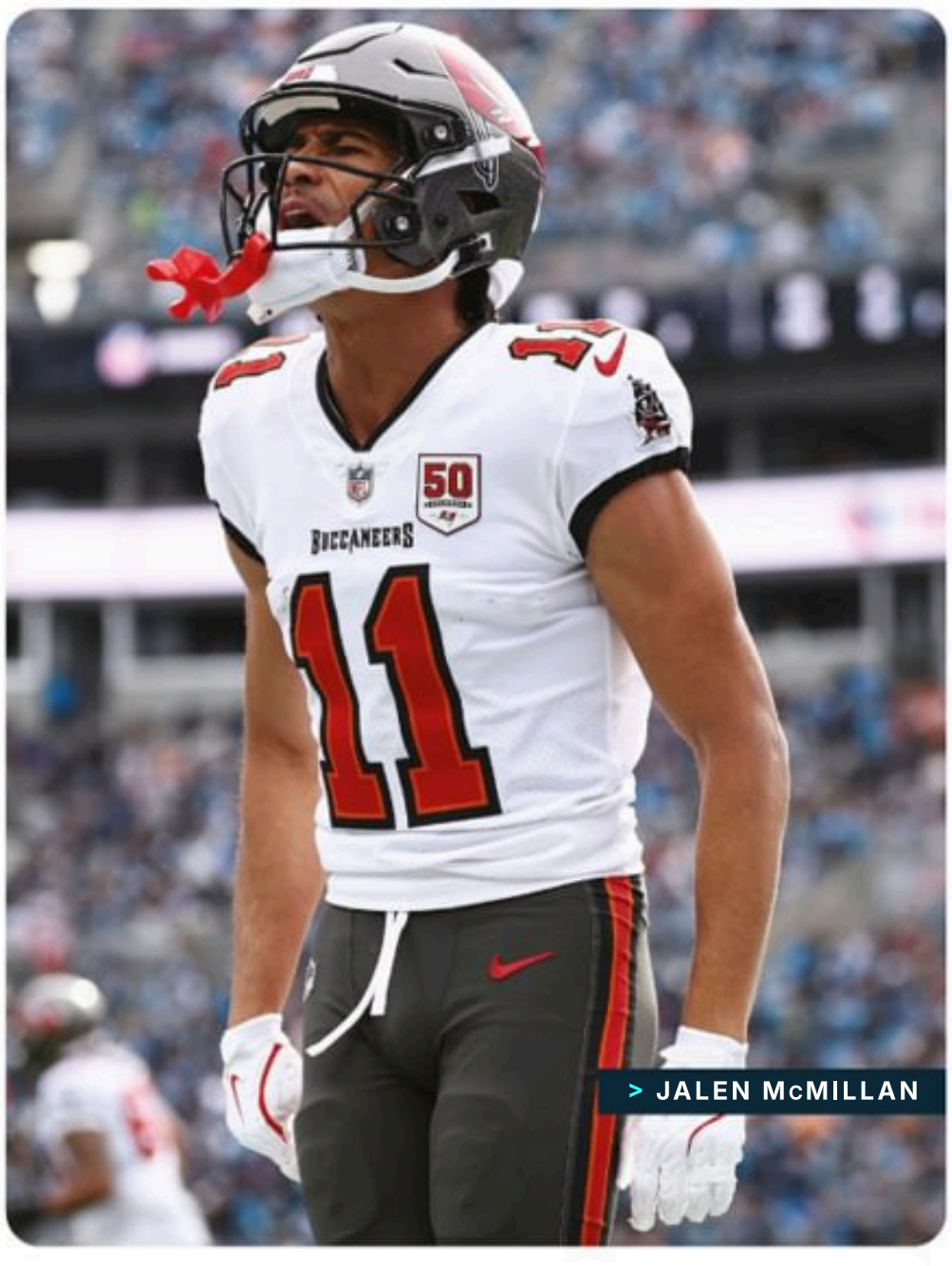
TeSlaa caught 16 passes on the season. He turned 6 of those into touchdowns. If TDs per receptions were a fantasy stat, TeSlaa would be in the discussion to be the 1.01. His route participation was between 58-94% from Week 13 on, but he saw more than 2 targets in a game just three times all season. Amon-Ra St. Brown, Jameson Williams, Sam LaPorta and Jahmyr Gibbs are all well ahead of him in the target pecking order. Pretty stiff target competition.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Lions	2025	27	16	239	6	67.9	4.0	22
	2026	46	27	405	3.2	73.2	4.6	

Wide Receiver Sleepers

None of these wideouts will start the year as their teams' top targets, but all could be big contributors at some point in the season

Wan'Dale Robinson, Luther Burden and Christian Watson were all wide receivers drafted in the 10th round or higher last season, yet all had solid performances late in the season that were pivotal in fantasy. It happens every year, which is why we're highlighting three players who could be key contributors at the very least as flex plays.



> JALEN McMILLAN

→ Jalen McMillan
Tampa Bay Buccaneers

All the sleepers mentioned in this feature are outside of the first 10 rounds on Underdog, which is why I am advocating for Jalen McMillan as one of my favorite wide receiver sleepers. Now let's not get it twisted, everyone knows McMillan, but the impact of Mike Evans leaving doesn't just affect Chris Godwin and Emeka Egbuka.

Buccaneers quarterback Baker Mayfield wasn't exactly elite to end the season, but we have seen him carry multiple fantasy-relevant wide receivers. The truth lies somewhere in the middle from Mayfield's elite 2024 numbers and what he produced in 2025. He fell from QB4 in 2024 to QB12 last season with 27 total touchdowns, 14 turnovers and 36 sacks last year. On the other side, Godwin will be 30 years old during the season and has had his fair share of injuries during his career, which means if he were to ever go down it would be Egbuka and McMillan stepping up to the plate.

We also have to consider the vacated targets from Evans' departure as well—he notched four double-digit touchdown seasons since 2020. Egbuka has shown the ability to be a true WR1, but McMillan has also flashed for Tampa Bay before. Does anyone remember the team-best 9-7-114 line in Week 17 last year? Oh, I do because he was on my bench!

McMillan was sidelined for all but the final four games of the season last year due to a neck injury, but he showed immense promise his rookie season as well—in 2024 he caught 37 passes for 461 yards and eight touchdowns. He's not going to be a top-10 receiver in fantasy football, but any player going in the 12th round of drafts that has this kind of flex upside is always going to be on my radar.

— KENDALL VALENZUELA

Josh Downs
Indianapolis Colts

While Josh's brother Caleb has gotten most of the attention this off-season, the Colts' rising fourth-year receiver has actually had a lot break his way ahead of 2026.

Michael Pittman left for Pittsburgh. Removing Pittman opens up targets in the underneath and intermediate areas of the field for Downs and Tyler Warren—it's not a coincidence Downs racked up 19 targets in his only two career games with Pittman sidelined.

It would make sense to see a less-mobile Daniel Jones more willing to get the ball out quickly coming off 2025's season-ending Achilles tear.

The only pass-game competition added during free agency was Nick Westbrook-Ikhine, whose one-year, nothing-burger deal hardly solidifies him a major role.

Downs has a better chance than ever to finally earn a full-time spot in two-WR formations.

Turning 25 in August, Downs is firmly in his prime years and suddenly profiles as a candidate for triple-digit targets in an offense that flashed an elite ceiling with Jones healthy in 2025. Throw in the potential for the injury gods to maybe chill out for once–people forget Downs had annoying August ankle and hamstring injuries to deal with in each of the past two seasons—and you have a talented separator looking at the biggest workload of his career in an offense with a high ceiling priced outside of the position's top-50 players.

That sounds like a pretty solid late-round dart to me.

—IAN HARTITZ

Travis Hunter
Jacksonville Jaguars

Last year, everyone was convinced Hunter was a full-time WR and he went in the top-50 picks in a lot of competitive drafts. This year, everyone is convinced he's a DB, and now he's going after pick 150.

What's particularly funny is that this massive course correction on Hunter's value is entirely driven by coachspeak, or I guess in this case, GMspeak. All it took is one comment from Jaguars GM James Gladstone about Hunter playing DB in 2026 and drafters overreacted.
We're essentially all playing that old game with flower petals when it comes to Hunter and the Jags' mouthpieces—he's a WR, he's not a WR, he's a DB, he's not a DB. We can all agree on this, though—when Hunter does play WR, he's really good at it. Right before a knee injury derailed his season, he logged a game with a 28% target share and scored 24.1 fantasy points—good enough for a high-end Utilization Score of 92.

There's a famous Warren Buffet saying: Be greedy when others are fearful and be fearful when others are greedy. It was smart to be concerned about Hunter's frothy price tag in 2025 as a rookie, but it's now time to be greedy and acquire as much Hunter as you can in 2026 drafts.

If the DB whispers are true, you can easily cut him back into the waiver pile. If not, you will have just landed a talented wideout with top-24 upside at bargain-bin price.

—PETE OVERZET

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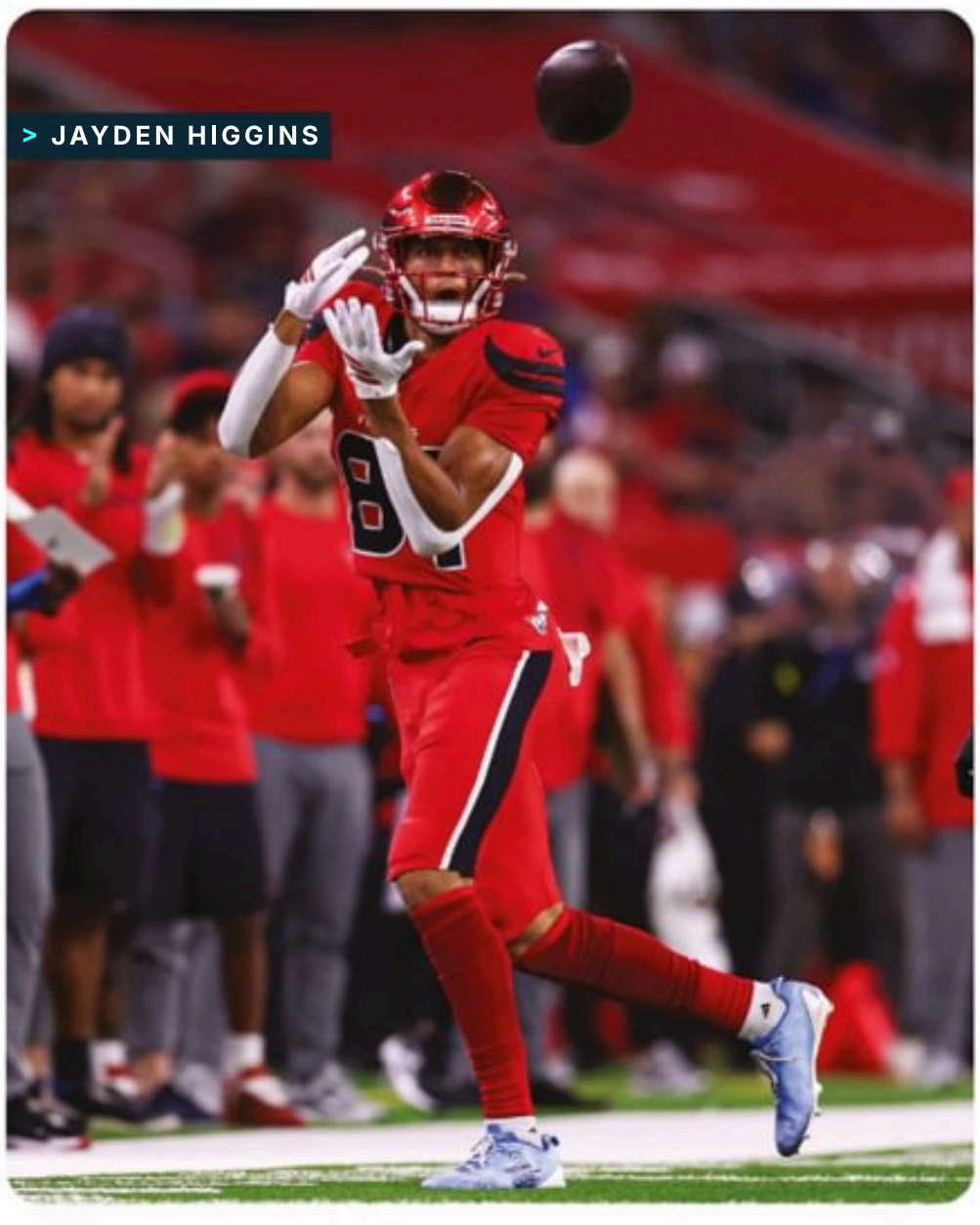
WR Breakout, Do Not Draft, Dynasty Darling

George Pickens got a change of scenery to Dallas' pass-heavy scheme and *voila* ... breakout season. DJ Moore was in a crowded WR room with a new head coach, and those who avoided him got to miss his career-low yardage output. And Jameson Williams went past 1K to reward dynasty bros. Who's next?



> JAYDEN HIGGINS

→ **Breakout:**
Luther Burden
Chicago Bears

Burden's rookie season didn't exactly produce consistent fireworks. Sure, his 8-138-1 explosion against the 49ers in the fantasy championship was awesome, but it's tough to call 751 total yards and 2 touchdowns in 17 games (including playoffs) an overly special campaign.

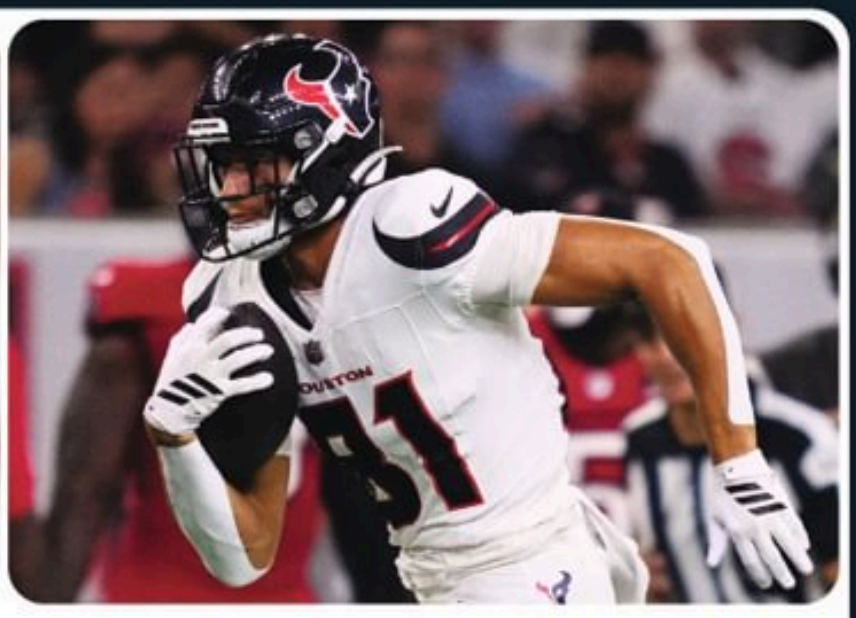
That said: It was the efficient manner in which Burden picked up those yards that makes him such a prime breakout candidate ahead of 2026. You see, HC Ben Johnson had Burden play at least half of the offense's snaps in only seven games last season, but we saw some serious fireworks from the rookie when he was on the field.

Consider that among rookie wide receivers to have been targeted 50 or more times over the past decade, just five have averaged north of 2.5 yards per route run:

Luther Burden (2.71)
AJ Brown (2.68)
Justin Jefferson (2.66)
Puka Nacua (2.60)
Ja'Marr Chase (2.51)

That's pretty good company—and now Burden's path to a full-time role is more clear than ever after the team shipped DJ Moore off to Buffalo. There's still some legit target competition in the form of Rome Odunze and Colston Loveland, but at least the rising second-year talent should now have every opportunity to turn his elite efficiency into similarly awesome counting numbers. Throw in the potential for the offense as a whole to make a leap in Year 2 of the Caleb Williams–Ben Johnson partnership, and Burden profiles as a breakout bet worth making in 2026

—IAN HARTITZ



→ Do Not Draft:
Malik Nabers
New York Giants

There's a level of certainty that should come with an early-round WR. They should have one of two traits (both would be nice, though). One, being in a situation that precludes them from missing out on fantasy-relevant touches. Or we can project them for a weekly floor of targets that will land them in the WR1 discussion each Monday.

Malik Nabers might have neither of those attributes in 2026. The obvious showstopper for drafters should be the lingering concern around Nabers' return-to-play timeline. After suffering a torn ACL and meniscus in Week 4 of last year, expecting a Week 1 start might be a stretch.

But let's say No. 1 suits up for the season opener. Studies have shown an average 10.0% drop in targets and production for players in their first year back from an ACL reconstruction alone, which casts some doubt on Nabers' ability to return his lofty top-10 cost. Plus, his competition for targets isn't the same either.

Darnell Mooney:
13.9% (Overall Target Share), 15.0% (RZ TPRR), 30.0% (DeepTS)

Calvin Austin:
12.0%, 19.5%, 23.3%

Isaiah Likely:
11.9%, 17.9%, 9.1%

Individually, none of the Giants' FA additions moved the needle. Out of the three, Mooney finished the highest in the EOS positional ranks (WR44). But collectively, they're a step above what Jaxson Dart had, chipping away at Nabers' total domination over the looks. Plus, with HC John Harbaugh bringing his emotional support fullback from Baltimore, passing scores might be at a premium in 2026.

—CHRIS ALLEN

→ Dynasty Darling:
Jayden Higgins
Houston Texans

Jayden Higgins finished with a solid first season in which he caught 41 passes (68 targets) for 525 yards and 6 TDs.

Despite playing alongside one of the top-end talents at the position in Nico Collins, Higgins functioned well as the No. 2 wideout. However, veteran TE Dalton Schultz outpaced Higgins in targets (106), receptions (82) and receiving yards (777). It is worth noting that Houston did sign Schultz to a one-year, $12.6 million extension this offseason.

I fully expect Higgins, the 34th overall pick back last year, to have a much stronger sophomore season. The Texans have already let Christian Kirk leave in free agency, which really just opens things up for Jaylin Noel, but Higgins has all the attributes to be a solid secondary option.

He's currently valued as a low-end WR4. That should be his floor both in 2026 and in the seasons to come. Despite a tough third season that saw C.J. Stroud post career-low marks in passing attempts, passing completions, passing yards and passing TDs, I'm viewing Stroud as a bounceback candidate—and a sneaky dynasty trade target in SF formats—who can elevate this offense.

The Texans will be better in 2026 and beyond and Higgins will be a big reason why.

—SAM WALLACE

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THE TE LEAGUE WINNER

George Kittle

How can one of the greatest tight ends of this generation be considered a breakout candidate? Great question. You might think I'm cheating here, but let me explain: There are only a few difference makers at the TE position. Heading into 2026, that short list includes the Cardinals' Trey McBride, the Raiders' Brock Bowers and the Bears' Colston Loveland. As post-breakout guys, you'll have to pay up for their services.

If we are hunting for cheap breakouts at the position, they usually come from the rookie cohort. Think Sam LaPorta a few years ago or even Harold Fannin last year. I could certainly write up a guy like Kenyon Sadiq, but I find the case for George Kittle more compelling.

The argument is twofold: 1) He's the cheapest he's ever been in drafts and 2) He's had six seasons where he's finished as the TE4 or better. There's no need to do any guesswork with rookies when Kittle is there for the taking in the double-digit rounds. Outside of the three other Elite TEs I mentioned above, Kittle is the one other guy in the player pool we definitively know produces as an elite TE.

OK, so now for the elephant in the room ...

He's the cheapest he's ever been because he tore his Achilles in the Wild Card round. Yes, he will almost certainly miss the start of the season, but I'm here to assure you that it's not that big of a deal for our purposes. The most important weeks are the fantasy playoffs.

If we want to build a juggernaut starting lineup that can bulldoze its way through the fantasy playoffs, then an Elite TE is a key ingredient because of how much they can separate from the rest of the position. Normally we have to pay up for this positional advantage, but the Kittle injury discount is providing a rare opportunity to sneak a late-season hammer onto your roster at sleeper prices.

STAT CHECK

67%

*THE PERCENTAGE OF THE NINE NFL SEASONS **GEORGE KITTLE** HAS PLAYED IN WHICH HE HAS FINISHED AS THE TE4 OR BETTER*

And because TE is the lowest-scoring position, you can easily survive the early part of the season without Kittle.

My suggestion is to draft Kittle alongside another cheap, reliable TE. Think guys like Dalton Schultz or Hunter Henry. Let one of those types serve as a chaperone for Kittle until he's ready to go.

Then when Kittle returns to action in November or December—and I honestly won't be surprised if it's on the early side with what a physical freak Kittle is—you will be able to supercharge your starting lineup for the fantasy playoffs (aka the money weeks) with an elite TE at bargain-bin prices.

Don't get caught thinking of Kittle as a "dead roster spot." It's quite the opposite, he's the skeleton key to unlocking a superteam in the fantasy playoffs

—PETE OVERZET

Rankings updated!
Scan me for updated rankings

> GEORGE KITTLE

Tight Ends

BY MATTHEW FREEDMAN

After a seven-year stretch where Travis Kelce surpassed 1,000 yards annually from 2016 to 2022, the future Hall of Famer has seen his TE1 era pass by. Sam LaPorta entered the league in 2023 and promptly set the rookie record for receptions (86) and his 10 TDs tied him for the most by a first-year player. Then Brock Bowers said "hold my beer," putting up WR1-type numbers with 112 receptions (on 153 targets) for 1,194 yards and 5 TDs in 2024. Last season it was the Cardinals' Trey McBride who produced like a No. 1 wide receiver.

1 Trey McBride Arizona Cardinals

McBride over the past two years is No. 2 in the league in targets (316) and receptions (237), No. 6 in receiving yards (2,385), and last season he leveled up his game with 11 touchdowns. He plays TE, but he produces like a No. 1 wide receiver.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Cardinals	2025	169	126	1,239	11	252.9	14.9	98
	2026	133	104	1,037	6.1	192.3	12.4	

2 Brock Bowers Las Vegas Raiders

Bowers dominated as a rookie (112-1,194-5 receiving, 153 targets), but he disappointed last year (64-680-7, 86 targets, 12 games). Still, his efficiency remained intact (7.9 yards per target vs. 7.8 in 2024), and he's now in line for a bounceback with HC Klint Kubiak and QB Fernando Mendoza.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Raiders	2025	86	64	680	7	144.0	12.0	90
	2026	124	92	957	6.9	184.9	11.9	

3 Colston Loveland Chicago Bears

Loveland was just a 21-year-old rookie last season, and he didn't become a full-time player until Week 7, but even so he was No. 1 on the Bears with 58-713-6 receiving, and then in two playoff games he had 12-193-0 with an elite 96 Utilization Score. The breakout is imminent.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Bears	2025	82	58	713	6	136.3	8.5	68
	2026	114	79	904	7.1	173.7	11.2	

4 Tyler Warren Indianapolis Colts

Warren as a rookie led the Colts in 2025 with 112 targets, which he leveraged into 76-817-4 receiving, to which he added 6-8-1 rushing. Without WR Michael Pittman, the ascending Warren will likely serve as the team's No. 1 option in the intermediate pass game in 2026.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Colts	2025	112	76	817	4	149.7	8.8	76
	2026	105	77	806	5.1	157.1	10.1	

5 Harold Fannin Cleveland Browns

Fannin led the Browns last year in targets (107), receptions (72), receiving yards (731) and receiving TDs (6). And he did that as a 21-year-old third-round rookie. Without needing to split reps in 2026 with TE David Njoku, Fannin could be a straight-up league winner.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Browns	2025	107	72	731	6	149.1	9.3	78
	2026	112	77	786	4.8	149.2	9.6	

6 Tucker Kraft Green Bay Packers

Kraft was the No. 1 TE in fantasy last year in Weeks 1-8—14.0 points per game, 30-469-6 receiving, 41 targets, seven games—but then he suffered a season-ending ACL tear in Week 9. Kraft should return in 2026, but he might not be in full form or available for Week 1.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Packers	2025	44	32	489	6	100.9	12.6	73
	2026	77	60	736	5.5	136.6	9.4	

> TREY McBRIDE

7 Kyle Pitts Atlanta Falcons

Pitts hasn't lived up to the promise of his draft capital (No. 4) or 2021 rookie season (1,026 yards), but last year he had the best all-around campaign of his career with 88-928-5 receiving on 118 targets. He won't turn 26 until October.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Falcons	2025	118	88	928	5	166.8	9.8	83
	2026	99	69	823	4.3	142.6	9.2	

8 Sam LaPorta Detroit Lions

LaPorta missed the second half of 2025 with back surgery, but in the two prior seasons he was the No. 1 TE in receiving TDs (17). Target competition is tough on the Lions, but LaPorta's offensive role is secure.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Lions	2025	49	40	489	3	86.9	9.7	71
	2026	81	64	713	4.7	131.5	9.1	

9 Mark Andrews Baltimore Ravens

Andrews hasn't had more than 70 targets in a season since 2023, and last year he had a career-worst 422 yards receiving. Andrews was still the Ravens' No. 2 pass catcher in 2025, and he had some "Tush Push" functionality (10-48-1 rushing).

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Ravens	2025	70	48	422	5	102.2	6.0	63
	2026	78	58	597	6.3	133.1	8.6	

10 Dallas Goedert Philadelphia Eagles

Goedert is no longer the guy who averaged 766 yards in 2021-22, but he has been efficient enough since 2023 (7.7 yards per target), and in 2025 scored a position-high 11 TDs. He's in decline at age 31, but Goedert is still good enough to matter.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Eagles	2025	82	60	591	11	155.1	10.3	74
	2026	82	62	640	5.4	127.4	8.2	

11 Oronde Gadsden Los Angeles Chargers

Gadsden flashed last year as a rookie (49-664-4 receiving, 9.6 yards per target, 69 targets), but he was the No. 4 pass catcher for the Chargers. There's a chance that new OC Mike McDaniel could expand Gadsden's role in 2026.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Chargers	2025	69	49	664	3	106.9	7.1	65
	2026	76	55	668	4.9	123.7	8.0	

12 Kenyon Sadiq New York Jets

Sadiq's production at Oregon last year wasn't exceptional (51-560-8 receiving), but he's a 21-year-old first-rounder who has the position's fastest recorded 40-yard dash ever (4.39 seconds). He is the epitome of the modern move TE.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Played in college for Oregon in 2025								
	2026	85	60	634	4.0	119.4	7.7	

13 Travis Kelce Kansas City Chiefs

Kelce last year had his lowest target total in a decade (108), and over the past two seasons he has averaged a modest 837 yards and 4 TDs receiving. But was one of just eight TEs in 2025 with 100+ targets, and volume still matters.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Chiefs	2025	108	76	851	5	155.1	9.1	75
	2026	93	69	677	5.0	132.2	8.5	

14 George Kittle San Francisco 49ers

Kittle has had outrageous efficiency in his three years with QB Brock Purdy (10.9 yards per target, 8.3% TD rate), but his January Achilles rupture will likely sideline him for at least the first month of 2026, and he turns 33 years old in October.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
49ers	2025	69	57	628	7	133.3	12.1	85
	2026	60	48	571	3.9	104.5	9.5	

15 Jake Ferguson Dallas Cowboys

Ferguson has had steady volume over the past three seasons (6.0 targets per game, 6.1, 6.0), but his efficiency has underwhelmed since 2024 (5.8 yards per target). Ferguson salvaged 2025 with 8 TDs.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Cowboys	2025	102	82	600	8	147.0	8.6	72
	2026	88	66	579	4.9	120.3	7.8	

16 Dalton Kincaid Buffalo Bills

Kincaid had just 49 targets in 2025, but he missed five games and was super efficient—24% target rate, 11.7 yards per target, 10.2% TD rate. He could be the No. 1 receiver for the Bills in 2026 with better health and more playing time.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Bills	2025	49	39	571	5	106.6	8.9	60
	2026	70	51	577	4.1	107.8	7.0	

17 Chig Okonkwo Washington Commanders

After trudging along in some bad offenses in Tennessee, Okonkwo gets the best QB upgrade in his career with Jayden Daniels. With only Terry McLaurin as main target competition, Okonkwo could be a sleeper.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Titans	2025	79	56	560	2	96.0	5.6	54
	2026	85	64	624	3.6	116.0	7.5	

18 Isaiah Likely New York Giants

Likely has been in production purgatory since entering the league behind Mark Andrews in Baltimore, but he has flashed potential (8.9 yards per target since 2023), and now he's the No. 1 TE for the Giants. Will he break out in 2026? Likely.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Ravens	2025	36	27	307	1	48.2	3.4	42
	2026	73	55	631	4.0	114.6	7.4	

19 T.J. Hockenson Minnesota Vikings

With Kyler Murray likely to start for the Vikings, that should improve the targets that Hockenson and other pass catchers will receive. Justin Jefferson and Jordan Addison are the top targets in Minnesota. The 127 targets in 2023 is but a memory.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Vikings	2025	66	51	438	3	87.3	5.8	60
	2026	83	63	602	3.2	111.2	7.2	

20 Hunter Henry New England Patriots

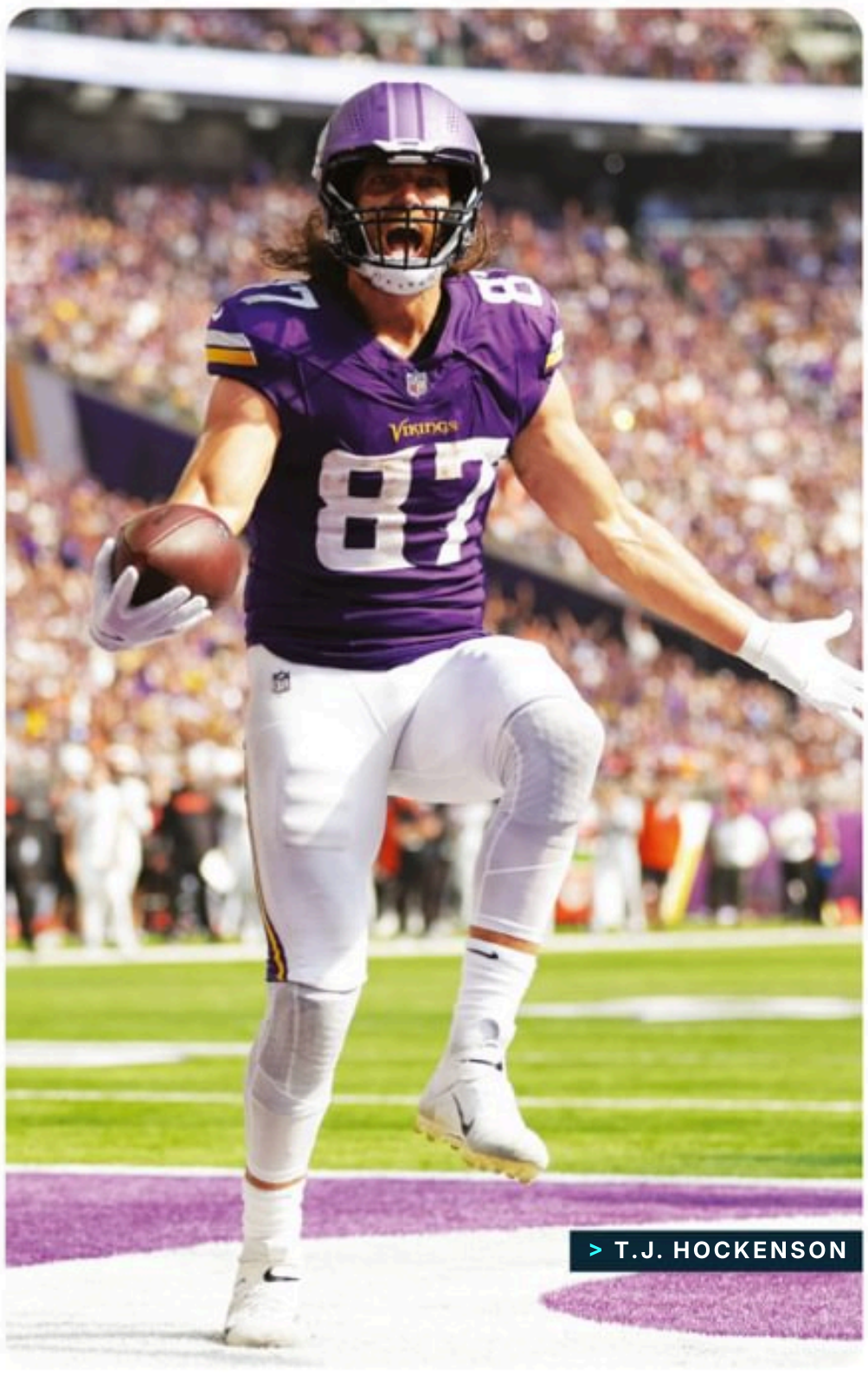
Henry is coming off a career-best 60-768-7 receiving campaign, but ask yourself this: Do you want to invest in a pass catcher who turns 32 in December, has never had 100 targets in a year and might have an inflated market? Probably not.

TEAM	SEASON	TGT	REC	REC YARDS	REC TDS	HALF-PPR POINTS	HALF-PPR PPG	UR★ SCORE
Patriots	2025	87	60	768	7	148.8	8.8	70
	2026	76	54	593	5.0	116.3	7.5	

Tight End Sleepers

These players could be drafted as backups and turn into fantasy starters before long

"This is the year that tight end is as deep as it's ever been." That's something that a number of fantasy football analysts utter during the summer months of draft season. We know how that's worked out. But annually there are sleepers who surprise with top-12 finishes, like Hunter Henry, Dalton Schultz and Juwan Johnson did last year. Here are three TEs who could pop this season.



> T.J. HOCKENSON

→ T.J. Hockenson
Minnesota Vikings

Hockenson was widely speculated to be a cap casualty this offseason, but instead he'll be wearing purple and gold for at least one more year after the Vikings decided to restructure his contract.

On the one hand, Hockenson is essentially coming off career-worst counting and efficiency numbers inside a Minnesota offense that will presumably continue to primarily flow through Justin Jefferson and Jordan Addison. He gained more than 50 yards just twice and finished as fantasy's TE27 in 2025.

On the other hand, the veteran TE is an extra year removed from 2023's devastating knee injury—a season in which he finished as fantasy's TE2 in PPR points per game despite catching passes from Kirk Cousins, Nick Mullens and Joshua Dobbs. This came in a season in which Jefferson and Addison combined for 208 targets, albeit the former receiver did miss seven games due to injury.

So we're looking at a TE who has finished the last three seasons as fantasy's TE2 ... TE18 ... and TE27 ... and he's now being priced as the TE23 in early drafts! Last year Hockenson ended August as the consensus TE5 in ADP. Talk about someone being priced closer to their floor than ceiling ahead of a season in which all parties involved *should* see some level of improvement in the QB play department with the addition of Kyler Murray, who, you know, helped Trey McBride work as fantasy's TE2 all the way back in ... 2024.

—IAN HARTITZ

→ Isaiah Likely
New York Giants

New head coach John Harbaugh is making his mark on the New York Giants, and one of his biggest free agency moves was signing former Ravens tight end Isaiah Likely to a three-year deal worth $40 million.

Likely was behind Mark Andrews his whole career, but this feels like a bet from Harbaugh that, without the All-Pro tight end in his way, we could finally see Likely reach his full potential.

In four seasons, he has played in 63 games and has recorded 135 receptions for 1,568 yards and 15 touchdowns. He has totaled 740 yards after the catch in those four seasons as well. Now, these aren't necessarily numbers that are jumping off the page, but when talking about "sleeper tight ends," we are focusing on players who could drastically outperform their ADP, and Likely fits that mold.

There are bigger plans for Likely in this new offense. Theo Johnson is still on the team, but Likely fits better as a downfield threat for Jaxson Dart and just overall boasts more upside. It is more than likely we will see both Likely and Johnson on the field together regularly, though.

According to ESPN, the Ravens last season (under Harbaugh) used 12 personnel third most in the NFL at 35.9%. But is it crazy to think Likely could be the No. 2 target on this team?

The Giants also let Wan'Dale Robinson walk in free agency, signaling that a tight end duo could be their future alongside Malik Nabers. There are some questions about whether Nabers will even be ready for Week 1 of the NFL season, which makes drafting Likely even easier for me.

— KENDALL VALENZUELA

→ Chig Okonkwo
Washington Commanders

Here's a list of TEs: Travis Kelce, George Kittle, Dallas Goedert, Dalton Schultz and Chig Okonkwo. Not a bad group. Those are the only TEs with 450-plus yards receiving each year since 2022, when Okonkwo entered the league as an upside fourth-rounder.

Is 450 yards a notably high threshold? No. But it shows that Okonkwo has been a consistently high-floor producer. When it comes to sleepers, are we looking for floors? No. We want ceilings. But most guys with high floors have theoretically elevated ceilings (even if we never see them), and I believe that Okonkwo—with his elite athleticism (4.52-second 40-yard dash at 238 pounds) and sufficient career efficiency (7.4 yards per target)—could reach his ceiling in his new circumstances. After toiling with the Titans to open his career, Okonkwo signed a three-year, $27 million contract with the Commanders. Okonkwo could slide into Zach Ertz's vacated role as the No. 1 TE on the team and the No. 2 pass catcher for QB Jayden Daniels.

And what happens if No. 1 WR Terry McLaurin—who missed seven games last year and turns 31 in September—declines as a player or suffers a significant injury? Then Okonkwo would have an outside chance to function as the No. 1 pass catcher for a young, promising QB.

— MATTHEW FREEDMAN

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TE Breakout, Do Not Draft, Dynasty Darling

Every year during fantasy draft season we hear that the tight end position is deeper than it has been in years. Then when the actual season plays out, it feels like just six TEs are set-it-and-forget-it players, while the rest of the league plays the streaming game. Is 2026 going to be any different?

> HAROLD FANNIN

→ **Breakout:**
Chig Okonkwo
Washington Commanders

You know when people say the grass might be greener on the other side? That describes Chig Okonkwo's situation for 2026.

In four seasons with the Titans, Okonkwo caught 194 passes for 2,017 yards and had 8 receiving touchdowns.

Now with a new three-year contract signed with the Commanders, a breakout could be coming. I hate to say his talents were wasted in Tennessee, but jumping to a situation where Jayden Daniels is now your QB1 is a massive upgrade.

In 2024, when Daniels was fully healthy, he ranked 12th in on-target throw percentage (78.2%). In Okonkwo's four seasons in Tennessee, he's never had a quarterback rank higher than 25th (shoutout to Ryan Tannehill in 2022).

Zach Ertz went down last season with an awful ACL injury, but even with Daniels in and out of the lineup due to injuries, Ertz still had 72 targets. Now all that attention turns to Okonkwo. Not only is Okonkwo stepping into a better offense, but the Commanders should be able to elevate his skill set. His YAC ability is something that cannot be ignored—Okonkwo ranked in the top 15 at the tight end position in three of his four seasons, getting as high as 11th last season. Combine his YAC ability with his speed—he ran a 4.52 40-yard dash at the combine—and the Commanders are going to be cooking with gas.

I'm bullish on Okonkwo finally reaching his ceiling in 2026 and proving he can be a reliable fantasy asset, and NO Matthew Berry did not make me write this! Okonkwo's a mid-range TE with upside.

—KENDALL VALENZUELA

→ Do Not Draft:
Jake Ferguson
Dallas Cowboys

We knew going into last season that Dallas would be the NFC version of Cincinnati: high-end offense with a porous defensive unit, forcing constant passing scripts. Pieces like Ferguson were therefore coveted draft targets due to their projected opportunity. And through the first two months, gamers rostering Ferguson were happy.

Targets per Game (Weeks 1-8): 7.4, 2nd among all TE (min. 100 routes)

RZ Target Share: 24.1%, 7th

FPPG: 15.0, 3rd

But remember that CeeDee Lamb missed a month of action. Both Ferguson and George Pickens benefited from his absence. However, earning targets is a skill. Simply being on the field isn't enough. And Ferguson's midseason peripherals hinted at a loss of work unless the performance improved.

Of the 13 TEs with a similar target share and route deployment, only Mark Andrews averaged fewer yards after the catch per reception. Breaking tackles was optional. Consequently, as Dak Prescott needed more from his pass catchers down the stretch, the focus shifted away from the veteran TE.

Target Share: 21% (Weeks 1-8), 14% (Weeks 9-18)

Targets per Route Run: 25%, 16%

Play-Action Target Rate: 42%, 29%

Prescott was still averaging 38-39 dropbacks per game. Lamb and Pickens were top-24 options each week. Said another way, the offense was the same. But without anything to add, Ferguson became an ancillary part of the offense, making him an overvalued option in drafts for 2026.

—CHRIS ALLEN

→ Dynasty Darling:
Harold Fannin
Cleveland Browns

Last year, I hyped up Tucker Kraft in this space. And as much as I'd love to just run it back and talk more about the Green Bay tight end, the tight end position is far too sparse for me to simply rest on my laurels. So instead, let's look at another rising star who could be a linchpin of your dynasty teams for years to come.

Harold Fannin, the 22-year-old with the name of a septuagenarian, came out swinging in his rookie season. Not only did he leapfrog David Njoku to become the top tight end for the Browns, but Fannin also led all pass catchers in Cleveland in receptions, yards and receiving touchdowns. Sure, he's bound to have more competition for targets going forward, but the Bowling Green product showcased enough to ensure his place near the top of the pecking order.

Fannin finished inside the Top 10 at the position in points per game while also notching the highest Targets Per Routes Run rate of any tight end. On top of that, he set the franchise rookie record for most catches in a season. I know what you're thinking ... it's the Browns. But hey, that's an impressive feat no matter the team!

Colston Loveland and Tyler Warren are flashier names, but don't sleep on Fannin going into his second season

—JAKE TROWBRIDGE

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Fantasy Life Mock Draft

Breaking down a mock draft with Matthew Berry and our Fantasy Life staff members

BY CHRIS ALLEN

There is nothing like the banter in mock drafts, and the vibes are no different at Fantasy Life. On the one end, we get to talk trash to our friends as they have "connection issues" leading them to auto draft a player they didn't want or some other excuse. But on the flip side, we can learn how to navigate building a roster and how drafts are unfolding for the upcoming season.

> PUKA NACUA

ROUND	GENE CLEMONS	KENDALL VALENZUELA	JOSH COLLACCHI	JORGE MARTIN	JAKE TROWBRIDGE
1	Bijan Robinson ATL, RB	Jahmyr Gibbs DET, RB	Ja'Marr Chase CIN, WR	Puka Nacua LAR, WR	Jaxon Smith-Njigba SEA, WR
2	Josh Jacobs GB, RB	Derrick Henry BAL, RB	A.J. Brown PHI, WR	Saquon Barkley PHI, RB	Jeremiyah Love ARI, RB
3	Brock Bowers LV, TE	DeVonta Smith PHI, WR	Garrett Wilson NYJ, WR	Omarion Hampton LAC, RB	Tetairoa McMillan CAR, WR
4	Drake Maye NE, QB	Jalen Hurts PHI, QB	Bucky Irving TB, RB	Jayden Daniels WSH, QB	Ladd McConkey LAC, WR
5	Terry McLaurin WSH, WR	Jordyn Tyson NO, WR	Quinshon Judkins CLE, RB	Jaylen Waddle DEN, WR	Tyler Warren IND, TE
6	Marvin Harrison Jr. ARI, WR	Courtland Sutton DEN, WR	Joe Burrow CIN, QB	Alec Pierce IND, WR	Jadarian Price SEA, RB
7	Chris Godwin Jr. TB, WR	Parker Washington JAX, WR	Kyle Pitts Sr. ATL, TE	DK Metcalf PIT, WR	Christian Watson GB, WR
8	Wan'Dale Robinson TEN, WR	Rachaad White WSH, RB	Aaron Jones Sr. MIN, RB	Brian Thomas Jr. JAX, WR	Tony Pollard TEN, RB
9	Kenneth Gainwell TB, RB	KC Concepcion CLE, WR	Ricky Pearsall SF, WR	Matthew Golden GB, WR	Woody Marks HOU, RB
10	Isaiah Likely NYG, TE	Khalil Shakir BUF, WR	Alvin Kamara NO, RB	Tyjae Spears TEN, RB	Jalen McMillan TB, WR
11	Isiah Pacheco DET, RB	Jake Ferguson DAL, TE	Zach Charbonnet SEA, RB	Jonathon Brooks CAR, RB	Patrick Mahomes KC, QB
12	Dak Prescott DAL, QB	Tyler Allgeier ARI, RB	Jerry Jeudy CLE, WR	Matthew Stafford LAR, QB	Kaytron Allen WSH, RB
13	Bo Nix DEN, QB	Jalen Nailor LV, WR	Tyreek Hill FA, WR	Dalton Kincaid BUF, TE	Brian Robinson Jr. ATL, RB
14	Daniel Jones IND, QB	Braelon Allen NYJ, RB	Kenyon Sadiq NYJ, TE	T.J. Hockenson MIN, TE	Antonio Williams WSH, WR
15	Juwan Johnson NO, TE	De'Zhaun Stribling SF, WR	Jared Goff DET, QB	Travis Hunter JAX, WR	Malik Willis MIA, QB
16	James Conner ARI, RB	Baker Mayfield TB, QB	Deebo Samuel FA, WR	Cooper Kupp SEA, WR	Tory Horton SEA, WR

→ The First Round

There were no shockers in the first 12 picks. The crew stayed within ADP to cap off the first round. However, sitting at the 1.09, I've got to say, the available options had more questions to them than I remember.

- 1.09 (Me) – **Justin Jefferson**
- 1.10 (Matthew) – **Jonathan Taylor**
- 1.11 (Joe) – **Drake London**
- 1.12 (Ian) – **Rashee Rice**

First off, three of the four players are newcomers to the Top 12. Well, it's been a couple of years since Jonathan Taylor was a first-rounder, but you know what I mean. But look past the names. Their situations don't scream first-round locks.

Justin Jefferson and Drake London will be catching passes from new QBs. Rashee Rice has yet to play a full season, and Patrick Mahomes' Week 1 availability isn't for certain. And the chances of Taylor and the Colts recapturing

> JUSTIN JEFFERSON

MATTHEW FREEDMAN	DWAIN McFARLAND	COOTER-DOODLE	CHRIS ALLEN	MATTHEW BERRY	JOE METZ	IAN HARTITZ
Christian McCaffrey SF, RB	Amon-Ra St. Brown DET, WR	CeeDee Lamb DAL, WR	Justin Jefferson MIN, WR	Jonathan Taylor IND, RB	Drake London ATL, WR	Rashee Rice KC, WR
Trey McBride ARI, TE	Ashton Jeanty LV, RB	Kenneth Walker III KC, RB	Nico Collins HOU, WR	Malik Nabers NYG, WR	De'Von Achane MIA, RB	James Cook III BUF, RB
Chris Olave NO, WR	Chase Brown CIN, RB	Colston Loveland CHI, TE	Tee Higgins CIN, WR	George Pickens DAL, WR	Zay Flowers BAL, WR	Josh Allen BUF, QB
Davante Adams LAR, WR	Cam Skattebo NYG, RB	Kyren Williams LAR, RB	Travis Etienne Jr. NO, RB	Breece Hall NYJ, RB	Lamar Jackson BAL, QB	Javonte Williams DAL, RB
Jameson Williams DET, WR	Luther Burden III CHI, WR	Mike Evans SF, WR	Emeka Egbuka TB, WR	Carnell Tate TEN, WR	Rome Odunze CHI, WR	DJ Moore BUF, WR
David Montgomery HOU, RB	Harold Fannin Jr. CLE, TE	TreVeyon Henderson NE, RB	Tucker Kraft GB, TE	Chuba Hubbard CAR, RB	D'Andre Swift CHI, RB	Bhayshul Tuten JAX, RB
Rhamondre Stevenson NE, RB	Jaxson Dart NYG, QB	Michael Pittman Jr. PIT, WR	Jaylen Warren PIT, RB	Jakobi Meyers JAX, WR	Sam LaPorta DET, TE	Michael Wilson ARI, WR
Rico Dowdle PIT, RB	Makai Lemon PHI, WR	RJ Harvey DEN, RB	Kyle Monangai CHI, RB	Travis Kelce KC, TE	J.K. Dobbins DEN, RB	Jordan Addison MIN, WR
Jayden Reed GB, WR	Josh Downs IND, WR	Omar Cooper Jr. NYJ, WR	Justin Herbert LAC, QB	Mark Andrews BAL, TE	Dallas Goedert PHI, TE	Xavier Worthy KC, WR
Romeo Doubs NE, WR	Chris Bell MIA, WR	Caleb Williams CHI, QB	Blake Corum LAR, RB	Jacory Croskey-Merritt WSH, RB	Brock Purdy SF, QB	Quentin Johnston LAC, WR
Denzel Boston CLE, WR	Brandon Aiyuk SF, WR	Jayden Higgins HOU, WR	Jordan Mason MIN, RB	Trevor Lawrence JAX, QB	Chris Rodriguez Jr. JAX, RB	George Kittle SF, TE
Kayshon Boutte NE, WR	Tank Dell HOU, WR	Oronde Gadsden LAC, TE	Rashid Shaheed SEA, WR	Stefon Diggs FA, WR	Calvin Ridley TEN, WR	Jalen Coker CAR, WR
Nicholas Singleton TEN, RB	Tank Bigsby PHI, RB	Tyler Shough NO, QB	Christian Kirk SF, WR	Tyrone Tracy Jr. NYG, RB	Caleb Douglas MIA, WR	Mike Washington Jr. LV, RB
Jonah Coleman DEN, RB	Germie Bernard PIT, WR	Jaydon Blue DAL, RB	Jack Bech LV, WR	Kyler Murray MIN, QB	Tre Tucker LV, WR	Kaelon Black SF, RB
Elijah Sarratt BAL, WR	Keaton Mitchell LAC, RB	Ollie Gordon II MIA, RB	Chimere Dike TEN, WR	Dontayvion Wicks PHI, WR	Kimani Vidal LAC, RB	Hunter Henry NE, TE
Jordan Love GB, QB	Adam Randall BAL, RB	Isaac TeSlaa DET, WR	Brenton Strange JAX, TE	Jauan Jennings FA, WR	Jordan James SF, RB	Dylan Sampson CLE, RB

their two-month stretch of multi-touchdown games feel slim. To be clear, I can't fault the guys for who they selected, but if you wind up with a late slot, plan around a lackluster open.

> BO NIX

→ Biggest Surprises

QB is deep! I know we say this every year, but when Patrick Mahomes, our consensus-ranked QB13, didn't go off the board until the 11th round, it might be true this time. Bo Nix, last year's QB7 (and our QB15 for this season), lasted until the 13th. If you favor the late-round QB strategy, 2026 might be your turn to shine.

Get your WRs early! By the end of Round 6, we had drafted 33 receivers. That's almost half of the early rounds. Ten landed on a roster in the fifth round alone. Here's another way to look at it. Matthew snagged Carnell Tate at 57th overall. Our rankers have him at 70th. Don't wait to draft your pass catchers.

→ There's Always Value in the Banana Stand

Jayden Reed

Taken By: Freedman
Pick: 102 overall

Dwain even gave Freedman a hat tip (a hair tip?) for this one. Regardless, if there were ever a year to bet on the Packers' interior WR to expand his role, it'd be in 2026.

- 2023: **64% (Route Rate), 2% (Route Rate w/ 2 TEs)**
- 2024: **73%, 3%**
- 2025: **58%, 1%**

> JAYDEN REED

Reed being absent when Green Bay added more TEs to their personnel packages has been a thorn in the side of fantasy managers since he joined the team. To make the situation all the more frustrating, he's been one of their best pass catchers! Christian Watson is the only other WR to have more than 2.0 YPRR in back-to-back seasons over the last five years. The one Packers' pass catcher ahead of Reed in YAC per reception? Tucker Kraft. If Romeo Doubs and Dontayvion Wicks leaving Wisconsin frees up more routes for Reed, drafters like Freedman will have plenty to smile about in the middle rounds.

Jonathon Brooks

Taken By: Jorge
Pick: 124 overall

Jorge tried to sneak this one by me. But after watching Rico Dowdle overtake the Panthers' backfield last year, I wish I had taken the same bet on Jonathon Brooks returning to form after missing 2025.

- **Rushing Attempts:** **66% (Dowdle), 32% (Hubbard)**
- **Target Share:** **13%, 8%**
- **Goal-line Rate:** **83%, 20%**

Remember, we didn't see Dowdle take off until Week 5. But afterward, our Utilization Report highlighted how quickly he had displaced Chuba Hubbard in the areas most conducive to fantasy scoring. And with Brooks having the superior receiving skills, the third-year RB has the chance to slide into a lucrative role at a palatable price in drafts.

Dak Prescott

Taken By: Gene
Pick: 144 overall

Yes, pocket passers can be hard to bank on as every-week starters, but Dwain has Dak Prescott as the QB9 in his projections. He finished as the QB5 last year. And Gene let the Cowboy fall to him at QB14. That's my bad. Anyway, over Prescott's last two full seasons, we've yet to see him be anything less than a QB1 in opportunity or efficiency.

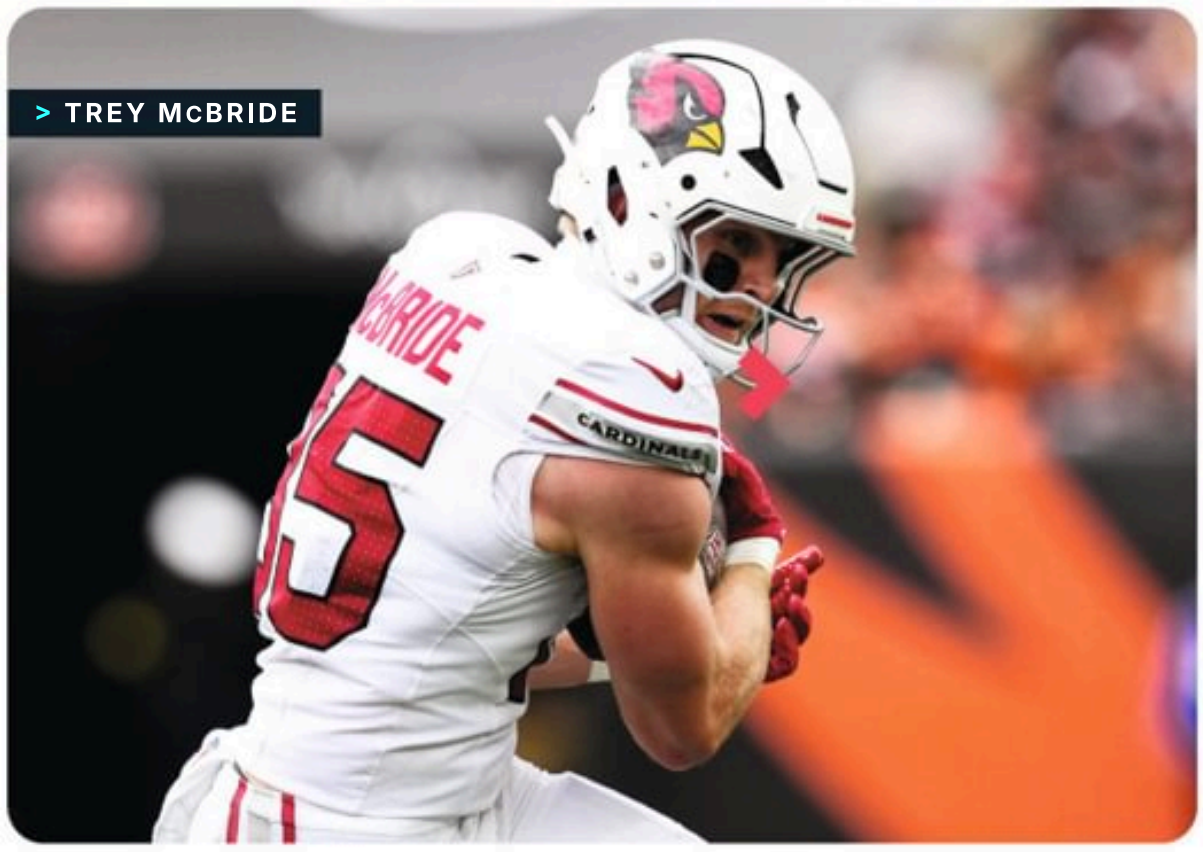
- **2025:** **10th (Dropback Rank), 11th (i10 Passing Rank), 6th (EPA per Dropback Rank)**
- **2023:** **6th, 13th, 2nd**
- **Goal-line Rate:** **83%, 20%**

Sure, the George Pickens drama will (likely) be a distraction. But Prescott's been able to make it work with CeeDee Lamb and anyone else with a star on their helmet, which has kept him in the top-12 discussion.

> JONATHON BROOKS

> DAK PRESCOTT

Arizona Cardinals



Team Snapshot

- **2025 Record / Rank in PPG:** 3-14 / 20.9 (23)
- **2026 Proj TDs per game:** 2 (rank: 26)
- **Head Coach:** Mike LaFleur (new)
- **Offensive Playcaller:** LaFleur (OC Nathaniel Hackett)
- **Projected Plays Per Game:** 61.3 (rank: 15)
- **Projected Dropback Rate:** 63.5% (rank: 3)
- **Matthew Freedman's Projected Win Total:** 4.7
- **Offensive Line Grade:** C-
- **Key Departure:** Kyler Murray
- **Key Additions:** Jeremiyah Love, Tyler Allgeier

Team Overview

Jacoby Brissett led the NFL in pass attempts on his way to scoring the sixth-most fantasy points at the position upon taking over for Kyler Murray in Week 6. Was this heavily aided by fantasy-friendly comeback-mode game script because the Cardinals were a bad football team? Yes. Is that ... still expected to be the case in 2026? Also yes.

Longtime starter James Conner is 31, coming off a season-ending foot injury, and essentially took a $4 million pay cut to stay with the team. This came in the same month as the team signed former Falcons RB Tyler Allgeier to a relatively ho-hum two-year, $12.25 million deal. Then the Cardinals drafted Jeremiyah Love, and now Fantasy Life Projections have Love winning the touch battle with Allgeier ... 264-104. The electric No. 3 overall pick is worthy of early-round treatment in drafts, while Allgeier is more of a handcuff. Conner is now an afterthought.

Michael Wilson was the overall fantasy WR2 during Weeks 11-18 last season! Of course, injuries to basically all relevant target WR competition helped in a big way. Marvin Harrison Jr.'s average career efficiency numbers in yards (1.62, 45th) and targets per route run (20.5%, 47th) don't paint a promising picture when hoping for a third-year breakout. There's triple-digit target upside here with a capable gunslinger QB. Just realize both will inevitably be the Robin to the real Batman of this passing attack.

The reigning, defending, undisputed No. 1 tight end in fantasy football just scored 105.1 more PPR points than the next-best fantasy tight end. The *one* concern for Trey McBride is the change at playcaller, although Mike LaFleur spent 2025 working with Sean McVay where Rams tight ends as a whole scored more fantasy points than any team other than ... the Cardinals!

Utilization Notes

Michael Wilson went bonkers after an injury to MHJ opened the door to more playing time. From Week 10 to Week 18, he averaged 19.7 points per game over nine contests. Over that span, he was the No. 4 WR, ranking 11th in target share (27%) and second in air yards per game with 127.3. Early coachspeak points to Harrison as the vertical threat. Wilson could be the WR1 in a rhythm-based passing attack with Jacoby Brissett returning. The 2023 Round 4 NFL Draft pick offers significant upside as a borderline WR3 in fantasy drafts.

Depth Chart

Quarterback:
- Jacoby Brissett

Running Back:
- Jeremiyah Love
- Tyler Allgeier
- James Conner

Wide Receiver:
- Marvin Harrison Jr.
- Michael Wilson
- Kendrick Bourne

Tight End:
- Trey McBride

Atlanta Falcons

Team Snapshot

- **2025 Record / Rank in PPG:** 8-9 / 20.8 (24)
- **2026 Proj TDs per game:** 2.2 (rank: 22)
- **Head Coach:** Kevin Stefanski (new)
- **Offensive Playcaller:** Stefanski (OC Tommy Rees)
- **Projected Plays Per Game:** 61.5 (rank: 12)
- **Projected Dropback Rate:** 59.3% (rank: 19)
- **Matthew Freedman's Projected Win Total:** 5.8
- **Offensive Line Grade:** B
- **Key Departures:** Tyler Allgeier, Darnell Mooney
- **Key Additions:** Tua Tagovailoa, Brian Robinson, Zachariah Branch

Team Overview

Any meaningful efficiency metric will tell you that both Tua Tagovailoa and Michael Penix had ROUGH 2025 campaigns, but Penix's ongoing recovery from a partially torn ACL gives Tua the edge to start Week 1. Neither immobile pocket passer profiles as an overly intriguing fantasy option in this probable run-heavy attack.

If the aliens invaded the planet and forced humans to play a game of football to avoid being destroyed: Bijan Robinson would be my pick for RB1 duties. But should he go before Lions RB Jahmyr Gibbs in fantasy drafts? Fantasy Life Projections give Gibbs the slight nod. The projected discrepancy in rushing touchdowns (14.1 vs. 8.6) underlines the difference in scoring upside between the Lions and Falcons. Meanwhile, the other B Robinson, Brian, is one of fantasy's more valuable late-round handcuff picks.

Drake London was fantasy's WR3 in PPR points per game during the first 11 weeks of last season, but a knee injury kept him out until late December when the going wasn't as fun with Kirk Cousins at QB. Tua's arm strength is certainly more Cousins than Penix, although London is young (25 in July), very talented and clearly is poised to operate as the No. 1 pass-game option in this offense. The previous three factors are enough to warrant top-10 treatment at the position.

Kyle Pitts' 11-166-3 eruption in the first week of the fantasy playoffs was the cherry on top of the most productive season of his career. A Jay-Z level encore is worth betting on considering there's plenty of precedent from the playcaller (David Njoku and Harold Fannin have a combined four top-8 seasons since 2022) and QB (Tua got a LOT out of Jonnu Smith and Darren Waller).

> BIJAN ROBINSON

Utilization Notes

Kyle Pitts notched an impressive 1.71 yards per route run with a 21% targets per route rate during the 2025 regular season—his best numbers since tearing his MCL in 2022. However, his splits with and without Drake London paint a wide range of outcomes: 19 points per game with a 29% target share in five games without London on the field, compared to 9.6 points per game and a 20% target share with London. With Darnell Mooney gone, Pitts slots in as Atlanta's No. 2 pass-game option. Early drafters are grabbing him at TE7, which is a fair price, but he's a boom-bust profile.

Depth Chart

Quarterback:
- Tua Tagovailoa
- Michael Penix (injured)

Running Back:
- Bijan Robinson
- Brian Robinson

Wide Receiver:
- Drake London
- Jahan Dotson
- Zachariah Branch

Tight End:
- Kyle Pitts

Harness the power of utilization!
Tap into key metrics to make match-up-winning decisions.

Baltimore Ravens

Team Snapshot

- **2025 Record / Rank in PPG:** 8-9 / 24.9 (11)
- **2026 Proj TDs per game:** 2.8 (rank: 4)
- **Head Coach:** Jesse Minter (new)
- **Offensive Playcaller:** OC Declan Doyle (new)
- **Projected Plays Per Game:** 61.3 (rank: 15)
- **Projected Dropback Rate:** 54.5% (rank: 32)
- **Matthew Freedman's Projected Win Total:** 10.9
- **Offensive Line Grade:** C
- **Key Departures:** Isaiah Likely, Tyler Linderbaum (C)
- **Key Additions:** Trey Hendrickson (EDGE), Ja'Kobi Lane, Elijah Sarratt

Team Overview

The most concerning part of Lamar Jackson's 2025 campaign was his career-low 26.8 rushing yards per game–33.1 yards lower than his previous career average. Of course, September hamstring and December back injuries didn't help matters. There's reason to believe Jackson's biggest and best seasons are in the rear-view mirror, but we are still talking about one of just three QBs with a career fantasy points per game average north of 20.

Derrick Henry's 325-1,921-16 and 307-1,595-16 rushing lines in his first two seasons with the Ravens came on a beastly 5.6 yards per carry. While the future Hall of Famer has played in 69 of a possible 70 games over the past four seasons, Henry would be the first RB aged 32+ to post top-12 PPR numbers since DeAngelo Williams back in 2015. Justice Hill is the next man up.

> LAMAR JACKSON

Zay Flowers' 12-game scoring drought during the middle of the year wasn't ideal, but the man was indeed one of only six players at the position to gain 1,200+ receiving yards, and this depth chart continues to offer very little in the form of significant competition. Meanwhile, times as a Rashod Bateman truther are tough. Injuries be damned: 2024 (45-756-9) is the only season that the former first-rounder has managed to get much of anything going—and now the Ravens drafted Ja'Kobi Lane and Elijah Sarratt to compete with him.

Mark Andrews is the team's undisputed No. 1 tight end after Isaiah Likely and Charlie Kolar took their talents to New York and Los Angeles, respectively, in free agency. The 30-year-old veteran is only one season removed from scoring 11 touchdowns, but 2025 was *rough*. We're talking career-worst counting and efficiency numbers in basically every stat out there. Except rushing. Remember that cool 35-yard fake tush push TD run? Crazy.

Utilization Notes

At the age of 30, Andrews isn't the same player he once was, but he profiles as a top-2 option in an offense projected as a top-5 scoring unit. He is a near lock for a 75% route participation rate. Over the last three seasons, the veteran TE has averaged 12.1 fantasy points in 18 games in which he reached that threshold. That would make him a mid-range TE1. Andrews is a steal as the TE16 in early drafts.

Depth Chart

Quarterback:
- Lamar Jackson

Running Back:
- Derrick Henry
- Justice Hill

Wide Receiver:
- Zay Flowers
- Rashod Bateman
- Ja'Kobi Lane

Tight End:
- Mark Andrews

Buffalo Bills

Team Snapshot

- **2025 Record / Rank in PPG:** 12-5 / 28.3 (4)
- **2026 Proj TDs per game:** 3.2 (rank: 1)
- **Head Coach:** Joe Brady (new)
- **Offensive Playcaller:** Brady (OC Pete Carmichael Jr.)
- **Projected Plays Per Game:** 61.8 (rank: 8)
- **Projected Dropback Rate:** 56.8% (rank: 28)
- **Matthew Freedman's Projected Win Total:** 10.4
- **Offensive Line Grade:** B+
- **Key Departures:** *[None]*
- **Key Additions:** DJ Moore, Skyler Bell

Team Overview

Josh Allen has worked as fantasy's QB2, QB1, QB2, QB1, QB2 and QB1 during the last six years. Expect continued success with Joe Brady and the tush push both back: Allen (17) and Jalen Hurts (27) are the only QBs with more than *seven* rushing touchdowns from the 1-yard line since the start of the 2023 regular season.

James Cook handled 342 touches in 2025 after getting just 239 during 2024. The 26-year-old star averaged the league's second-most rushing yards over expected per carry along the way. The ceiling is the moon if Cook can get more going as a receiver—his 4.35 PPR points per game from strictly receiving in 2025 were his fewest since his rookie season. The handcuff picture is a bit murky: Ray Davis was the lead back in one game without Cook in 2024, although Ty Johnson was the primary backup throughout 2025. A committee seems likely in Cook's absence.

Ex-Panthers/Bears WR DJ Moore notably turned in a 96-1,364-8 receiving line (PPR WR9) catching passes from Justin Fields in 2023. Unfortunately, 2024 (WR27) and 2025 (WR44) weren't as fun. QB upgrade be damned, borderline WR2/upside WR3 treatment feels about right. Elsewhere, Khalil Shakir's steady dose of screens and low-aDOT targets makes him a likely bet to at least finish inside the position's top-50 PPR performers even if his ceiling is whatever. Rookie Skyler Bell joins an uninspiring WR3 competition with Josh Palmer and Keon Coleman.

Only Jaxon Smith-Njigba (3.68) and Puka Nacua (3.65) averaged more yards per route run than Dalton Kincaid (2.67)! The problem was an ongoing PCL injury led to Kincaid playing 55% or fewer of the offense's snaps in every game. Both Brady and GM Brandon Beane have already spoken this offseason about additional load management for Kincaid.

Utilization Notes

James Cook has averaged 16.7 and 18.1 fantasy points, finishing as the RB11 and RB6 over the last two seasons. While Joe Brady refuses to integrate the explosive back into the passing game (41% route rate), Cook has become a rushing TD aficionado. Despite the presence of Josh Allen, Cook ranks fourth in RB rushing TDs over the last two seasons with 28. Playing behind one of the best offensive lines in a high-scoring offense points toward another big TD total in 2026. If Brady ever unleashes Cook in the passing game, he would offer top-3 fantasy upside.

Depth Chart

Quarterback:
- Josh Allen

Running Back:
- James Cook
- Ray Davis

Wide Receiver:
- DJ Moore
- Khalil Shakir
- Skyler Bell

Tight End:
- Dalton Kincaid
- Dawson Knox

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Carolina Panthers

Team Snapshot

- **2025 Record / Rank in PPG:** 8-9 / 18.3 (23)
- **2026 Proj TDs per game:** 2.1 (rank: 25)
- **Head Coach:** Dave Canales
- **Offensive Playcaller:** OC Brad Idzik
- **Projected Plays Per Game:** 58.5 (rank: 31)
- **Projected Dropback Rate:** 60.5% (rank: 15)
- **Matthew Freedman's Projected Win Total:** 7.1
- **Offensive Line Grade:** C+
- **Key Departure:** Rico Dowdle
- **Key Additions:** Kenny Pickett, Chris Brazzell

Team Overview

Bryce Young remains just 24 years young and has flashed during his three seasons as a starter—especially when throwing downfield—but at the end of the day, we're looking at someone who ranks among the position's bottom-10 QBs in pretty much any meaningful efficiency metric (including fantasy points per game) during the past two seasons.

Rico Dowdle's departure suddenly gives the (Roman) reins of this backfield back to Chuba Hubbard, who turned in an RB13 finish in PPR points per game all the way back in ... 2024. Of course, this backfield could be more of a committee between Hubbard and 2024 second-round pick Jonathon Brooks—if the 22-year-old finally stays healthy. Offseason updates have been encouraging. Chuba is also a candidate for improved health considering he dealt with a nagging calf injury throughout 2025. While the scoring upside in Carolina isn't massive, this quietly solid run-blocking offensive line helped Panthers RBs average the eighth-most yards *before* contact per carry last season.

Tetairoa McMillan looked the part of a true No. 1 receiver as a rookie in 2025. Of course, No. 2 option Jalen Coker spent the early parts of last season on the sideline, and the addition of Chris Brazzell in the draft makes it tough to assume T-Mac will see a spike in targets in 2026. Similar ceiling concerns exist for Coker and Brazzell: Young's 2023 (2,877) and 2025 (3,011) campaigns produced the two lowest passing yards totals among 45 QBs to start at least 16 games in a season during the last three years.

The Panthers were more than content to rotate a trio of tight ends throughout 2024 and 2025. No Panthers tight end has finished better than the TE36 in PPR points per game during the last two seasons.

Utilization Notes

Tetairoa McMillan averaged 12.5 fantasy points en route to being named the NFL's Offensive Rookie of the Year. However, his 72 Utilization Score suggests there was more in the tank. Historically, players in that range averaged 14.1 points. His underlying talent profile (26% target share) points to a WR who could leap into the top 12 in Year 2. But McMillan needs a little help from his friends. Over the past two seasons, Bryce Young averaged 193 passing yards in 27 games where he played over 80% of snaps. McMillan projects as a mid-range WR2 who needs Young to improve to unlock WR1 upside in 2026.

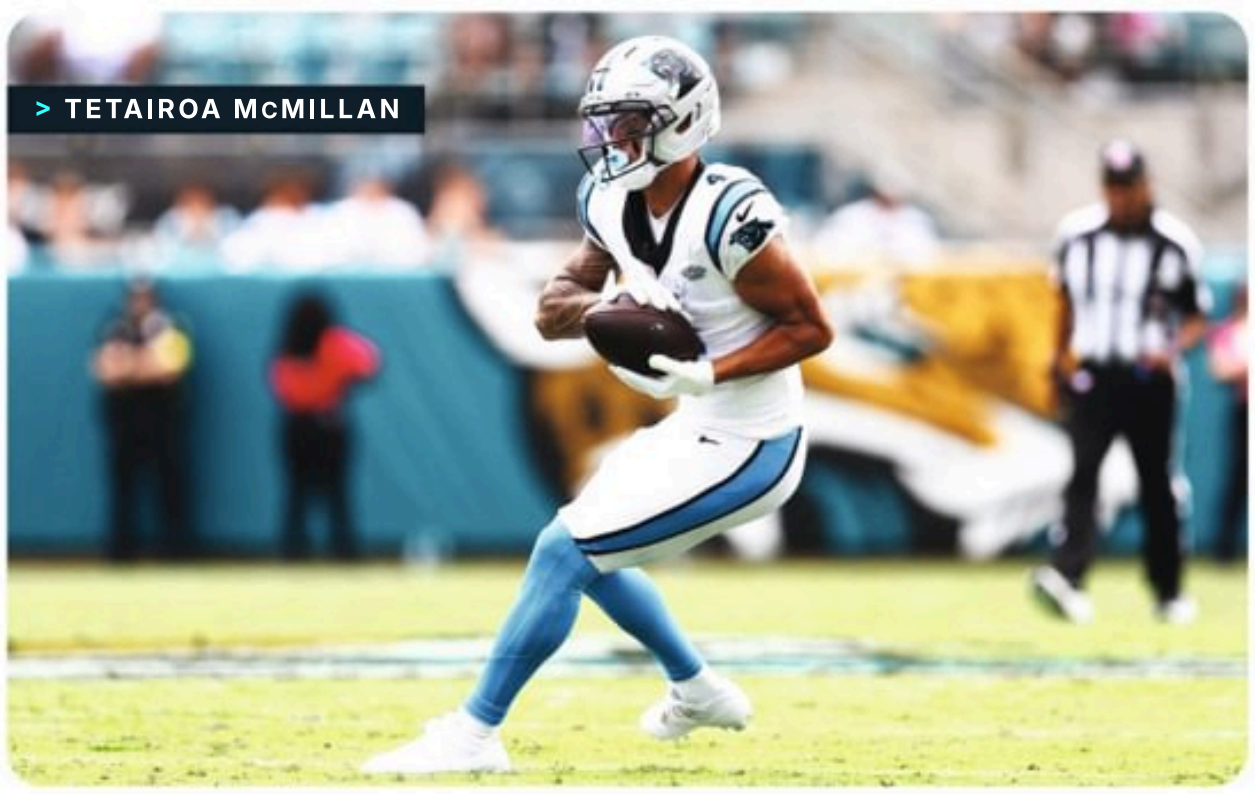
Depth Chart

Quarterback:
- Bryce Young

Running Back:
- Chuba Hubbard
- Jonathon Brooks

Wide Receiver:
- Tetairoa McMillan
- Jalen Coker
- Xavier Legette

Tight End:
- Ja'Tavion Sanders



> TETAIROA McMILLAN

Chicago Bears

Team Snapshot

- **2025 Record / Rank in PPG:** 11-6 / 29.9 (9)
- **2026 Proj TDs per game:** 2.4 (rank: 15)
- **Head Coach:** Ben Johnson
- **Offensive Playcaller:** Johnson (OC Press Taylor)
- **Projected Plays Per Game:** 63 (rank: 2)
- **Projected Dropback Rate:** 59% (rank: 20)
- **Matthew Freedman's Projected Win Total:** 9.2
- **Offensive Line Grade:** B
- **Key Departure:** DJ Moore
- **Key Additions:** Kalif Raymond, Sam Roush, Zavion Thomas

Team Overview

Caleb Williams went from one of the league's single-worst QBs in pressure-to-sack rate as a rookie (28.2%, 43rd) to one of the very best in 2025 (10.8%, 3rd). The 24-year-old talent still has some work to do in making the easy actually easy, but his Rolodex of off-script magic is up there with anyone. A true breakout in Year 2 with Ben Johnson shouldn't surprise anyone.

The Bears deployed a boom (Kyle Monangai) and zoom (D'Andre Swift) committee down the stretch of 2025. Swift led the way in touches (139 vs. 110) and PPR points per game (13 vs. 9.2) in Weeks 10-18, but Monangai was still plenty involved and proved capable of handling a legit workhorse role (29 touches, 198 yards) in his lone start of the season. This one-two punch was reminiscent of Johnson's previous backfield tandems in Detroit and should be expected to continue in 2026.

No DJ Moore *should* consolidate targets more cleanly between Rome Odunze and Luther Burden. The former looked to be on the verge of a Year 2 breakout with 5 scores in his first four games of the season, but a foot injury slowed Odunze down the stretch. Meanwhile, Burden didn't earn a full-time role until late November, but the man was electric with his opportunities: No rookie WR has averaged more yards per route run than Burden (2.71) during the last decade of action! Of course, the real No. 1 pass-game option in this offense might just be the team's stud tight end.

Colston Loveland posted top-5 marks at the position in targets (23.4%, 5th) and yards (1.98, 5th) per route run as a rookie (including playoffs). Overall TE3 treatment in fantasy land is warranted as the odds-on favorite to lead this ascending offense in targets.

Utilization Notes

Colston Loveland didn't take over full-time TE duties until Week 16, but he exploded from there—posting a 99 Utilization Score, 16.8 PPG and a 29% target share over five games through the Divisional Round. His 1.98 yards per route run ranks third among rookie TEs since 2011, trailing only Brock Bowers and Kyle Pitts. Loveland offers a rare blend of target-earning and field-stretching prowess (10.0 aDOT) that can unlock massive touchdown production. Paired with Ben Johnson and Caleb Williams, he offers top-3 upside. Loveland goes almost two rounds after Bowers and Trey McBride in drafts. Yes, please.

Depth Chart

Quarterback:
- Caleb Williams

Running Back:
- D'Andre Swift
- Kyle Monangai

Wide Receiver:
- Rome Odunze
- Luther Burden
- Kalif Raymond

Tight End:
- Colston Loveland
- Cole Kmet

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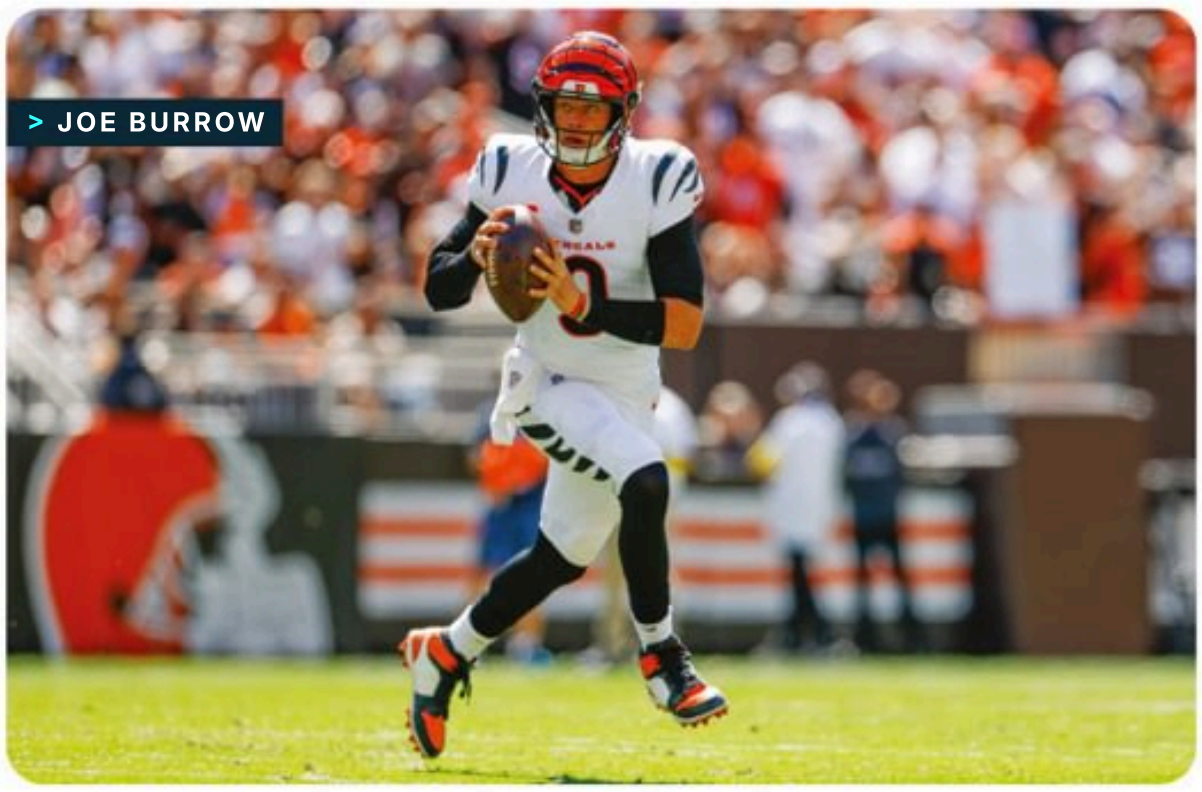
Cincinnati Bengals



→ Team Snapshot

- **> 2025 Record / Rank in PPG:** 6-11 / 24.4 (12)
- **> 2026 Proj TDs per game:** 2.7 (rank: 7)
- **> Head Coach:** Zac Taylor
- **> Offensive Playcaller:** Taylor (OC Dan Pitcher)
- **> Projected Plays Per Game:** 61.8 (rank: 8)
- **> Projected Dropback Rate:** 65% (rank: 1)
- **> Matthew Freedman's Projected Win Total:** 9.8
- **> Offensive Line Grade:** D
- **> Key Departure:** Trey Hendrickson (EDGE)
- **> Key Additions:** Boye Mafe (EDGE), Colbie Young, Jack Endries

→ Team Overview

Joe Burrow scored the second-fewest fantasy points per game (16.8, QB15) of his career last season. Of course, he remains a yearly threat to vie for the league lead in passing yards and touchdowns ... like he did in 2024 ... whenever healthy enough to make it through a season. Although we do now have two examples (2023, 2025) of Burrow offering rough QB2 fantasy production when forced to play through lower-body injuries.

Chase Brown is a solid enough real-life talent capable of playing across all three downs inside a Bengals offense that has ranked seventh, seventh, and sixth in points per game during the three seasons that Burrow has been healthy enough to start more than 10 games. Throw in the reality that Brown (26 years young) is in the middle of his prime and not coming off any injury, and we sure seem to be looking at the profile of a Round 1 fantasy RB–but at a Round 3 cost.

Ja'Marr Chase (19.6) trails only Puka Nacua (20) in career PPR points per game among all wide receivers ... ever. Even Jason Pierre-Paul doesn't need more than one hand to count the number of players who deserve to be drafted ahead of him in fantasy this season. Meanwhile, Tee Higgins has scored 24 touchdowns in his last 30 games. Unfortunately, injuries have caused Higgins to miss 12 games over the last three seasons to a variety of lower-body issues (usually hamstring-related) and concussions. Scary stuff. Just realize the 27-year-old talent possesses as high a ceiling as anyone at the position whenever he has the blessings of the injury gods.

The Bengals are fully expected to continue rotating three to four tight ends, rendering each as non-viable fantasy assets more weeks than not.

→ Utilization Notes

Chase Brown has yet to put together a wire-to-wire great fantasy season. However, when injuries have opened the door to a full-time role, he has boomed.

- **2024:** Prior to Zack Moss injury → 10.8 points per game, 39% snaps
- **2024:** Post injury → 20.6, 85%
- **2025:** Prior to Samaje Perine injury → 11.2, 62%
- **2025:** Post injury → 20.7, 70%

Brown offers high-end RB1 upside when featured, making him an intriguing Round 2 fantasy pick. The big question: How good is Brown? Historically, players like Moss and Perine haven't held down great RB talent, but they derailed Brown.

→ Depth Chart

Quarterback:
- Joe Burrow

Running Back:
- Chase Brown
- Samaje Perine

Wide Receiver:
- Ja'Marr Chase
- Tee Higgins

Tight End:
- Mike Gesicki

Cleveland Browns

Team Snapshot

- **2025 Record / Rank in PPG:** 5-12 / 16.4 (31)
- **2026 Proj PPG:** 1.8 (rank: 32)
- **Head Coach:** Todd Monken (new)
- **Offensive Playcaller:** Monken (OC Travis Switzer/new)
- **Projected Plays Per Game:** 59.5 (rank: 26)
- **Projected Dropback Rate:** 61.5% (rank: 9)
- **Matthew Freedman's Projected Win Total:** 5.8
- **Offensive Line Grade:** D
- **Key Departure:** David Njoku
- **Key Additions:** KC Concepcion, Denzel Boston, Joe Royer, Taylen Green, Carsen Ryan

Team Overview

Shedeur Sanders, Deshaun Watson and Dillon Gabriel rank 54th, 53rd and 52nd, respectively, in EPA per dropback among 54 qualified quarterbacks over the last three seasons. Here's to hoping Todd Monken and an improved skill-position group ignite a spark and provide Cleveland with its first great quarterback since ... Bernie Kosar?

GM Andrew Berry said Quinshon Judkins should be full go for training camp following last December's season-ending dislocated ankle and fractured fibula. Judkins started out swinging and worked as fantasy's RB13 in PPR points per game through the first seven weeks of the season, but a shoulder injury and porous offensive line/scoring environment led to him averaging just 9.5 points during his final eight games. A monster workload could be on the way if Todd Monken views his new lead back in an even somewhat-similar light as his last two lead backs Nick Chubb (334 touches in 2019) and Derrick Henry (344, 322 touches in 2024-25).

Jerry Jeudy remains just 27 years old and is technically just one season removed from a Pro Bowl 90-1,229-4 campaign. That said: He's averaged 98.9 receiving yards per contest in eight career games with Jameis Winston ... and 35 or less with every other current Browns QB. Adding rookie WRs KC Concepcion and Denzel Boston to the equation makes it tough to expect too high of a boom from any party involved considering the lackluster QB room and presence of ace tight end Harold Fannin.

The numbers paint Fannin's rookie campaign (72-731-6, PPR TE6) fine enough, but the eye test was even more fun. Overall, PFF credited the Bowling Green product with avoiding 29 tackles—the most by ANY tight end or wide receiver not named Deebo Samuel since 2020! The ceiling is the roof here, especially considering how productive tight ends were under Monken in Baltimore.

Utilization Notes

Harold Fannin took over in Week 7 of his rookie campaign and never looked back—retaining the starting role when David Njoku returned. In nine healthy games, Fannin posted a beastly 27% target share and 7.1 targets per game, trailing only Trey McBride over that stretch. His 24% targets per route led all TEs with 250+ routes, and his 2.18 yards per route ranked eighth—impressive given Cleveland's QB situation. The coaching and QB uncertainty are real concerns, but Fannin has the talent to vacuum up targets. Fannin is a viable mid-range TE1 target in fantasy drafts.

Depth Chart

Quarterback:
- Shedeur Sanders
- Deshaun Watson

Running Back:
- Quinshon Judkins (injured)
- Dylan Sampson

Wide Receiver:
- Jerry Jeudy
- KC Concepcion
- Denzel Boston

Tight End:
- Harold Fannin

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> QUINSHON JUDKINS

Dallas Cowboys

Team Snapshot

- **2025 Record / Rank in PPG:** 7-9-1 / 27.7 (7)
- **2026 Proj TDs per game:** 2.7 (rank: 6)
- **Head Coach:** Brian Schottenheimer
- **Offensive Playcaller:** Schottenheimer (OC Klayton Adams)
- **Projected Plays Per Game:** 63.5 (rank: 1)
- **Projected Dropback Rate:** 61.8% (rank: 6)
- **Matthew Freedman's Projected Win Total:** 7.7
- **Offensive Line Grade:** C+
- **Key Departures:** *[None]*
- **Key Additions:** *[None]*

Team Overview

Dak Prescott has led the NFL's sixth, first, first, and seventh highest-scoring offense during his last four seasons when he was healthy enough to start at least 16 games. While the rushing heights aren't quite what they used to be, the soon-to-be 33-year-old gunslinger is a discount Joe Burrow in fantasy land thanks to his team's alpha wide receiver duo and piss-poor defense.

Javonte Wiliams looked like a new man in 2025 on his way to racking up 1,201 rushing yards and 13 total touchdowns. The Cowboys' decision to give him a three-year, $24 million extension and to not add any meaningful competition likely (again) locks Williams into a bell cow role inside pretty much anyone's idea of a top-10 offense. Malik Davis is the likely handcuff over Jaydon Blue.

CeeDee Lamb's last four season-long finishes in PPR points per game: WR7, WR1, WR7, and most recently WR12. Of course, George Pickens squeezed targets a bit more than usual in 2025. Lamb still led the way in targets (116 vs. 99) and PPR points (16.6 vs. 16.1) during their 12 full games together, but the competition is enough to push Lamb outside fantasy's consensus top-4 receivers for the first time in a minute. Meanwhile, Pickens is a more than viable borderline WR1 alongside fellow overqualified WR2 Tee Higgins and WR1s with shakier QB situations like Tetairoa McMillan and Chris Olave.

On the one hand, Jake Ferguson's 82-600-8 receiving line was good enough to work as the TE11 in PPR points per game. On the other hand, he boasted bottom-5 efficiency and largely benefited from averaging 18.6 PPR points per game in four games without Lamb compared to just 9.4 with him. He's not someone fantasy managers should realistically expect top-5 heights from without major injuries occurring elsewhere.

Utilization Notes

CeeDee Lamb's 14.4 PPG in 2025 represents a steep drop from his 23.8 WR1 finish in 2023, hurt by George Pickens' arrival and multiple injuries. In 11 healthy games, he averaged 16.5 points with a 28% target share and 2.29 YPRR—great numbers. At 27, he's still in his prime on one of the league's most durable passing offenses. Dak Prescott has averaged 277 passing yards over three seasons in healthy games—well above the 230 NFL average. Even sharing targets with Pickens, Lamb remains a locked-in WR1 worth targeting in Round 1.

Depth Chart

Quarterback:
- Dak Prescott

Running Back:
- Javonte Williams
- Malik Davis
- Jaydon Blue

Wide Receiver:
- CeeDee Lamb
- George Pickens
- Ryan Flournoy

Tight End:
- Jake Ferguson

Denver Broncos

Team Snapshot

- **2025 Record / Rank in PPG:** 14-3 / 23.6 (14)
- **2026 Proj TDs per game:** 2.4 (rank: 17)
- **Head Coach:** Sean Payton
- **Offensive Playcaller:** OC Davis Webb (new)
- **Projected Plays Per Game:** 61.8 (rank: 8)
- **Projected Dropback Rate:** 61.8% (rank: 6)
- **Matthew Freedman's Projected Win Total:** 10.2
- **Offensive Line Grade:** A
- **Key Departures:** *[None]*
- **Key Additions:** Jaylen Waddle, Jonah Coleman

Team Overview

Nix led the Broncos to the AFC's No. 1 seed in 2025 and outdueled that Josh Allen guy to capture a Divisional Round W. And yet, it's still tough to find a passing efficiency metric that paints him as anything more than an average-to-below-average quarterback. Good news for fantasy investors: Nix has racked up the position's fifth-most fantasy points from rushing during the past two seasons, helping him post QB8 and QB11 fantasy finishes despite (to this point) meh efficiency through the air.

JK Dobbins is back to presumably again lead this backfield. After all, Dobbins racked up 164 touches compared to just 75 for RJ Harvey during the first 10 weeks of last season and was considerably more efficient as a rusher (5 vs. 3.7 YPC) along the way. The good news for Harvey: He flashed as a pass catcher, and Sean Payton handed him 16.2 touches per game in the absence of Dobbins down the stretch. Jonah Coleman will muddy the waters.

Fantasy Life projections have the target edge going to Jaylen Waddle (118) over Courtland Sutton (108). Troy Franklin is expected to be the odd man out among the other receivers. Good news: The speedy ex-Dolphin adds a much-needed field-stretching dimension to this offense and *should* make things easier for all parties involved. This could theoretically actually help Sutton build upon his PPR WR25 and WR19 finishes, although Waddle's big-play ability still makes him the preferred click among the one-two punch.

Evan Engram is back as TE1, although that role resulted in just 76 targets and a PPR TE32 finish in 2025. He never played even 60% of the offense's snaps in a game all season. Broncos tight ends as a whole rank dead last in targets since Sean Payton took over in 2023.

Utilization Notes

RJ Harvey blossomed after JK Dobbins suffered a Lisfranc injury, averaging 14.2 fantasy points over nine games, including the NFL Playoffs. But Dobbins was the better runner before going down, and Denver re-signed him on a two-year, $16M deal. Prior to Dobbins' injury, Harvey's role was dramatically smaller: 10.0 PPG, 29% snaps, 19% attempts, 32% routes and 9% targets. His Round 2 NFL Draft capital suggests a path to the lead role, but he has to earn it. Harvey is an RB3 who offers RB1 upside should he distance himself from Dobbins or if the veteran gets injured.

Depth Chart

Quarterback:
- Bo Nix

Running Back:
- JK Dobbins
- RJ Harvey
- Jonah Coleman

Wide Receiver:
- Jaylen Waddle
- Courtland Sutton
- Marvin Mims

Tight End:
- Evan Engram

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Detroit Lions

→ Team Snapshot

- **2025 Record / Rank in PPG:** 9-8 / 28.3 (5)
- **2026 Proj TDs per game:** 2.9 (rank: 2)
- **Head Coach:** Dan Campbell
- **Offensive Playcaller:** OC Drew Petzing
- **Projected Plays Per Game:** 62.5 (rank: 3)
- **Projected Dropback Rate:** 58.5% (rank: 23)
- **Matthew Freedman's Projected Win Total:** 10.8
- **Offensive Line Grade:** C
- **Key Departure:** David Montgomery
- **Key Additions:** Isiah Pacheco

→ Team Overview

Jared Goff has cleared 4,500 passing yards in each of the past three seasons—the rest of the NFL has done so just six times combined during that span! While Goff's status as a zero in the run game doesn't help, he's still posted top-15 fantasy numbers in each of the past four seasons—besting his low-end QB2 ADP price tag every year along the way.

Jahmyr Gibbs has worked as fantasy's RB8, RB2 and RB3 in PPR points per game since 2023. The electric 24-year-old talent has averaged an absurd 24.4 PPR points per game in 14 career contests with David Montgomery (now on the Texans) playing under a third of the offense's snaps. Gibbs is Fantasy Life's consensus 1.01 pick over Bijan Robinson thanks to the tiebreaker of the Lions' scoring upside being better than the Falcons. Isiah Pacheco profiles as a quality late-round handcuff.

Amon-Ra St. Brown has worked as fantasy's WR4 in PPR points per game during each of the past three seasons. He's ranked as just that ahead of 2026. The bigger question is whether boom-or-bust speedster Jameson Williams is more like the man we saw in Weeks 1-10 (10.9 PPR points per game, WR41) or Weeks 11-18 (15.2, WR13). TE Sam LaPorta notably hit the injured reserve for the latter stretch. Isaac TeSlaa has a penchant for making some SWEET catches, but limited targets make him a non-viable weekly fantasy option.

Injuries and emergences from Gibbs and Williams limited LaPorta's ability to replicate his awesome 2023 rookie campaign (14.1 PPR points per game, TE3) in 2024 (10.9, TE9) and 2025 (11.9, TE7). Still good, albeit not exactly the sort of difference-making numbers to go out of your way for in the earlier rounds of any given fantasy draft.

→ Utilization Notes

Jahmyr Gibbs erupted for 22.6 points per game with a 94 Utilization Score over the final eight games in 2025 after Dan Campbell took over as the playcaller. Over that span, he played 75% of the snaps, handling 66% of attempts and notching a 21% target share on a 65% route participation rate. Gibbs is an elite dual-threat RB on a high-scoring offense. With David Montgomery traded to the Texans, Isiah Pacheco will spell Gibbs in Drew Petzing's offense, but the Lions have turned the page to Gibbs RB1 SZN. He should be the No. 1 pick in fantasy drafts.

→ Depth Chart

Quarterback:
- Jared Goff

Running Back:
- Jahmyr Gibbs
- Isiah Pacheco

Wide Receiver:
- Amon-Ra St. Brown
- Jameson Williams
- Isaac TeSlaa

Tight End:
- Sam LaPorta

Green Bay Packers

Team Snapshot

- **2025 Record / Rank in PPG:** 9-7-1 / 23.0 (16)
- **2026 Proj TDs per game:** 2.7 (rank: 8)
- **Head Coach:** Matt LaFleur
- **Offensive Playcaller:** LaFleur (OC Adam Stenavich)
- **Projected Plays Per Game:** 59.5 (rank: 26)
- **Projected Dropback Rate:** 56% (rank: 30)
- **Matthew Freedman's Projected Win Total:** 9.4
- **Offensive Line Grade:** D+
- **Key Departures:** Romeo Doubs, Emanuel Wilson
- **Key Additions:** *[None]*

Team Overview

Jordan Love ranks among the league's very best QBs in EPA per dropback (+0.21, 3rd) and yards per attempt (7.6, 8th) since taking over in 2023. He's a really good quarterback! Unfortunately, less rushing production in 2024 (15.6 fantasy points per game, QB17) and 2025 (15.7, QB21) has prevented Love from returning to 2023 fantasy heights (18.8, QB6).

Josh Jacobs has scored 31 touchdowns in 34 games with the Packers, returning RB8 and RB10 production in PPR points per game along the way. The latter mark would have been better if not for a Week 11 knee injury that severely limited him down the stretch. Jacobs remains a safe bet for low-end RB1 fantasy production as the engine of an offense that ranks eighth in scoring since 2023. MarShawn Lloyd is theoretically the next-man-up after Emanuel Wilson signed with the Seahawks.

Christian Watson profiles as the leader of this Romeo Doubs-less receiver room: He trails only Alec Pierce in yards per target since 2024 and was fantasy's WR19 in PPR points per game in 2025. The Packers' reluctance to use Jayden Reed in multi-TE formations doesn't help his quest to get back to 2023-2024 heights. Matthew Golden saved his best for last (4-84-1 in the Wild Card Round), but it's tough to be excited about Year 2 considering the brutal history of healthy Round 1 receivers who fail to gain 500 yards as a rookie.

Tucker Kraft's 14.7 PPR points per game in 2025 ranked fourth at the position! Unfortunately, a torn ACL ended Kraft's season in early November, adding a cloud to his 2026 projection. News of a full recovery and full-go status in training camp could help Kraft rise into Fantasy Life's consensus top-5 tight ends.

> JORDAN LOVE

Utilization Notes

Christian Watson returned from his late-2024 ACL tear in Week 8 of 2025, averaging 13 fantasy points, including the NFL playoffs. The former Round 2 NFL Draft pick has notched 2.41 and 2.26 yards per route run marks—WR1 territory—over the last two seasons. Now Romeo Doubs is gone. Watson has primarily operated as a deep threat, but has flashed the ability to win at all levels of the field. Should Matthew Golden's Year 1 struggles continue, don't be surprised to see a more versatile role for Watson in 2026. He is a mid-range WR3 with WR2 upside.

Depth Chart

Quarterback:
- Jordan Love

Running Back:
- Josh Jacobs
- MarShawn Lloyd
- Chris Brooks

Wide Receiver:
- Christian Watson
- Matthew Golden
- Jayden Reed

Tight End:
- Tucker Kraft

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Houston Texans

Team Snapshot

- **2025 Record / Rank in PPG:** 12-5 / 23.8 (23)
- **2026 Proj TDs per game:** 2.2 (rank: 23)
- **Head Coach:** DeMeco Ryans
- **Offensive Playcaller:** OC Nick Caley
- **Projected Plays Per Game:** 61.5 (rank: 12)
- **Projected Dropback Rate:** 60% (rank: 18)
- **Matthew Freedman's Projected Win Total:** 10.4
- **Offensive Line Grade:** D-
- **Key Departure:** Christian Kirk
- **Key Additions:** David Montgomery, Marlin Klein, Lewis Bond

Team Overview

While CJ Stroud's 4-INT stinker against the Patriots wasn't exactly a great way to end last season, he did improve across most meaningful efficiency metrics from his down 2024. Unfortunately, that still produced just 14.9 fantasy points per game (QB23)—this low ceiling isn't worth chasing in fantasy land aside from in superflex/two-QB formats.

New RB1 David Montgomery hasn't really had a bad season ... ever. The man averaged 1,212 total yards and 7.5 touchdowns in four seasons in mostly bad Bears offenses before going for 3,156 total yards and 33 scores during his last three years in Detroit. There's potential here for 15-20 touches per game on a team with the sort of dominant defense that could lead to many fantasy-friendly leading game scripts. Woody Marks is the next-man-up and could flirt with a fantasy-relevant pass-game role, but his standing as one of the league's worst running backs in most meaningful efficiency metrics as a rookie wasn't ideal.

Nico Collins has cleared 1,000 yards in three consecutive seasons despite missing nine combined games. Fantasy Life projections believe in the 27-year-old talent replicating that success: Collins' 1,266 receiving yards projection is the sixth-highest mark at the position. There isn't too steep of target competition elsewhere. It'd make sense if Jayden Higgins, Jaylin Noel and a returning Tank Dell rotate in the other two starting receiver spots. Here's to hoping the latter speedster manages to regain his pre-injury explosiveness and emerge as a late-round gem in fantasy land.

Dalton Schultz has posted TE11, TE28 and TE15 finishes in PPR points per game in three seasons in Houston. Fireworks are unlikely—the 30-year-old veteran's yards-per-catch marks have decreased in each of the past two seasons—but another borderline TE1 finish is possible at a VERY late-round price.

Utilization Notes

Nico Collins has delivered three consecutive top-10 finishes in PPR points per game. Over that span, he ranks seventh with 16.6 points per contest. His underlying data backs that up: 26% targets per route (10th) and 2.75 yards per route (2nd). Still well within his prime at age 27, Collins offers a strong floor and high-end WR1 upside. His primary nemesis has been the injury bug, missing at least two games each of the last three years. In early drafts, he is one of the best picks available at the Round 2-3 turn.

Depth Chart

Quarterback:
- CJ Stroud

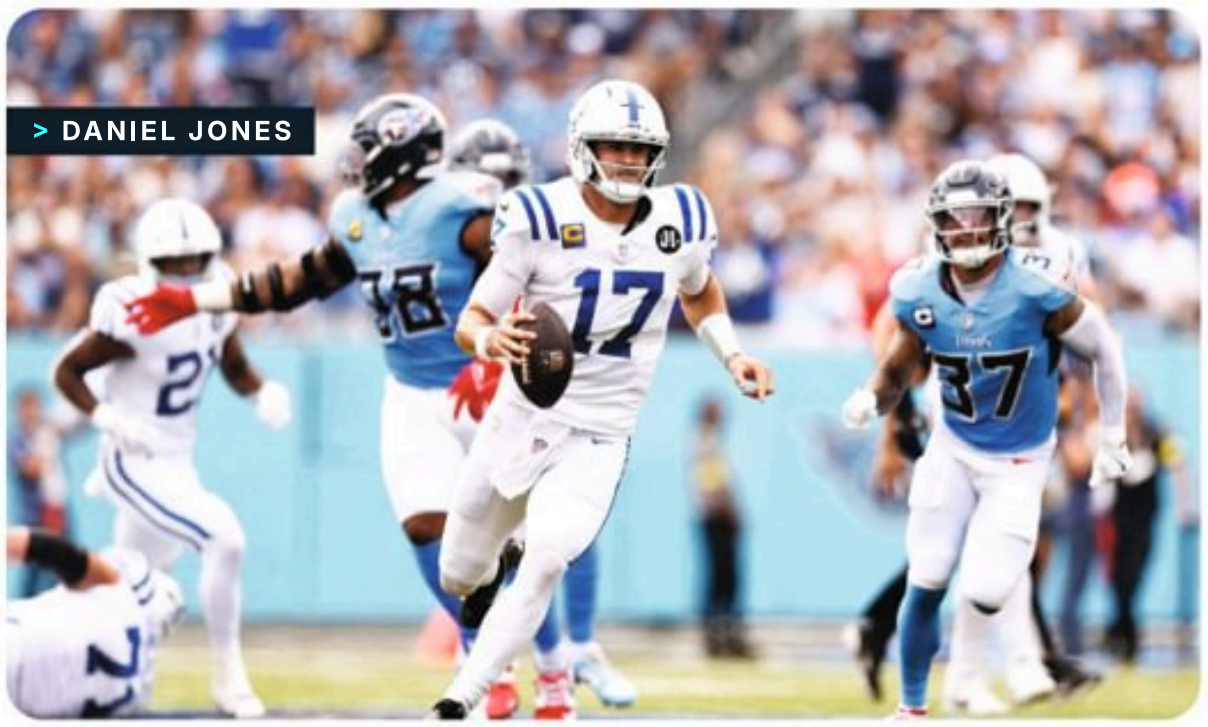
Running Back:
- David Montgomery
- Woody Marks

Wide Receiver:
- Nico Collins
- Jayden Higgins
- Jaylin Noel

Tight End:
- Dalton Schultz

> NICO COLLINS

Indianapolis Colts


> DANIEL JONES

Team Snapshot

- **2025 Record / Rank in PPG:** 8-9 / 27.4 (8)
- **2026 Proj TDs per game:** 2.4 (rank: 14)
- **Head Coach:** Shane Steichen
- **Offensive Playcaller:** Steichen (OC Jim Bob Cooter)
- **Projected Plays Per Game:** 59.5 (rank: 26)
- **Projected Dropback Rate:** 59% (rank: 20)
- **Matthew Freedman's Projected Win Total:** 8.3
- **Offensive Line Grade:** B
- **Key Departure:** Michael Pittman Jr.
- **Key Additions:** Nick Westbrook-Ikhine

Team Overview

Daniel Jones averaged career-best marks in pretty much every efficiency metric out there prior to 2025's season-ending Achilles injury. Reduced mobility won't help matters in fantasy land, but Jones (again) stands out as a very solid mid-to-late-round option in superflex/two-QB formats.

Jonathan Taylor averaged 27 PPR points per game (RB1) in Weeks 1-10 ... and 12.6 (RB23) in Weeks 12-18 once Jones was injured. Good news: Taylor set career-high marks in receptions (46) and receiving yards (378), elevating the floor in full-PPR formats. He's locked in as a consensus top-5 back ahead of 2026. DJ Giddens is the next man up, but it'd likely be a committee situation should JT miss any time.

The decision to trade Michael Pittman to Pittsburgh condenses this WR room around $116M man Alec Pierce and shifty slot maven Josh Downs. Credit to Pierce for leading the NFL in yards per catch and per target in each of the past two seasons, but Downs and TE Tyler Warren project as the more likely beneficiaries from Pittman's vacated underneath-and-intermediate targets. Caleb's older brother is a fun late-round breakout candidate: Downs is still just 24 years young and has flashed elite separation ability during his three-year career. Nick Westbrook-Ikhine isn't expected to supply much fantasy goodness as the likely No. 3 WR, but that time he caught 9 touchdowns in 2024 sure was wild!

Like Taylor, Warren's breakout season was undone by Jones' season-ending injury. Before the Colts' Week 11 bye, Warren averaged 13.6 PPR points per game (TE6). After? Well, he posted 7.2 (TE26). The return of Jones and exclusion of Pittman suddenly has Warren looking at a salivating situation ahead of 2026—he's Fantasy Life's consensus TE5 and the disparity in ADP between him and Colston Loveland seems awfully wide.

Utilization Notes

Josh Downs may never earn a full-time complement of routes in a run-balanced Colts offense, but the door is open with Michael Pittman Jr. traded to the Steelers. The 2023 Round 3 NFL Draft pick ranks 24th in targets per route (24%) and 41st in yards per route (1.75) of all WRs with at least 500 routes over the last three seasons. Indianapolis added Nick Westbrook-Ikhine, who isn't much of an obstacle as a receiver, but the team might prefer his run blocking on base downs. Downs is a WR4 with WR2 upside if playing time breaks his way.

Depth Chart

Quarterback:
- Daniel Jones (injured)
- Riley Leonard

Running Back:
- Jonathan Taylor
- DJ Giddens

Wide Receiver:
- Alec Pierce
- Josh Downs
- Nick Westbrook-Ikhine

Tight End:
- Tyler Warren

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Jacksonville Jaguars

Team Snapshot

- **2025 Record / Rank in PPG:** 13-4 / 27.9 (6)
- **2026 Proj TDs per game:** 2.6 (rank: 9)
- **Head Coach:** Liam Coen
- **Offensive Playcaller:** Coen (OC Grant Udinski)
- **Projected Plays Per Game:** 61.8 (rank: 8)
- **Projected Dropback Rate:** 60.5% (rank: 15)
- **Matthew Freedman's Projected Win Total:** 9.5
- **Offensive Line Grade:** C
- **Key Departure:** Travis Etienne
- **Key Additions:** Chris Rodriguez, Nate Boerkicher

Team Overview

Trevor Lawrence struggled during the first half of 2025, but caught fire late and averaged a whopping 23 fantasy points per game following the team's Week 9 bye—the highest mark among any QB! Don't expect Lawrence to score 9 rushing touchdowns again in 2026, but the 26-year-old talent is firmly in the low-end QB1 conversation with the upside for much more.

The departure of Travis Etienne should produce a newfound one-two punch in Jacksonville between Bhayshul Tuten and Chris Rodriguez. Rising second-year back LeQuint Allen also figures to factor into the equation on passing downs. While C-Rod is great in short-yardage situations and has familiarity with HC Liam Coen dating back to their time together at Kentucky, Tuten looks like the de facto lead back and should boast superior upside thanks to his big-time speed and pass-catching ability. There are serious Year 2 Chase Brown vibes here for Tuten.

Travis Hunter is reportedly expected to be a full-time corner, part-time receiver in 2026. This would make sense with Jakobi Meyers, Brian Thomas and Parker Washington each being most people's ideas of #good wide receivers. Our most applicable final five-game stretch with the latter three receivers healthy featured Washington leading the way in target share (27%) and PPR points (19.1!). The relative lack of clarity surrounding the pecking order makes each enticing clicks at their respective WR3-4 price tags, considering each has proven capable of supplying high-end upside with a featured role.

Brenton Strange averaged 11.1 PPR points per game (TE12) in Weeks 12-18 upon returning from a hip/quad injury. The 25-year-old talent is a dependable pass catcher who could provide top-10 upside should the touchdown gods really get on his side one of these years. Of course, that's the case for many mid-to-low-end TE2s like Strange.

Utilization Notes

Parker Washington erupted after taking over the WR3 duties when Travis Hunter went down in Week 7 of 2025. Over nine healthy games, Washington notched an 83% route participation rate with a 25% target share, averaging 17.1 fantasy points. He ranked 16th in yards per route at 2.08. We saw Chris Godwin thrive in a similar role in Liam Coen's offense in 2024 in Tampa Bay. With Hunter likely moving to a full-time role on defense in 2026, Washington should remain the starting slot WR and could be a steal in fantasy drafts. Amon-Ra St. Brown vibes.

Depth Chart

Quarterback:
- Trevor Lawrence

Running Back:
- Bhayshul Tuten
- Chris Rodriguez

Wide Receiver:
- Jakobi Meyers
- Brian Thomas
- Parker Washington
- Travis Hunter

Tight End:
- Brenton Strange

Kansas City Chiefs

Team Snapshot

- **2025 Record / Rank in PPG:** 6-11 / 21.3 (22)
- **2026 Proj TDs per game:** 2.5 (rank: 13)
- **Head Coach:** Andy Reid
- **Offensive Playcaller:** Reid (OC Eric Bieniemy)
- **Projected Plays Per Game:** 62 (rank: 4)
- **Projected Dropback Rate:** 64% (rank: 2)
- **Matthew Freedman's Projected Win Total:** 9.5
- **Offensive Line Grade:** C
- **Key Departures:** Jaylen Watson (CB), Trent McDuffie (CB)
- **Key Additions:** Kenneth Walker, Justin Fields, Emmett Johnson

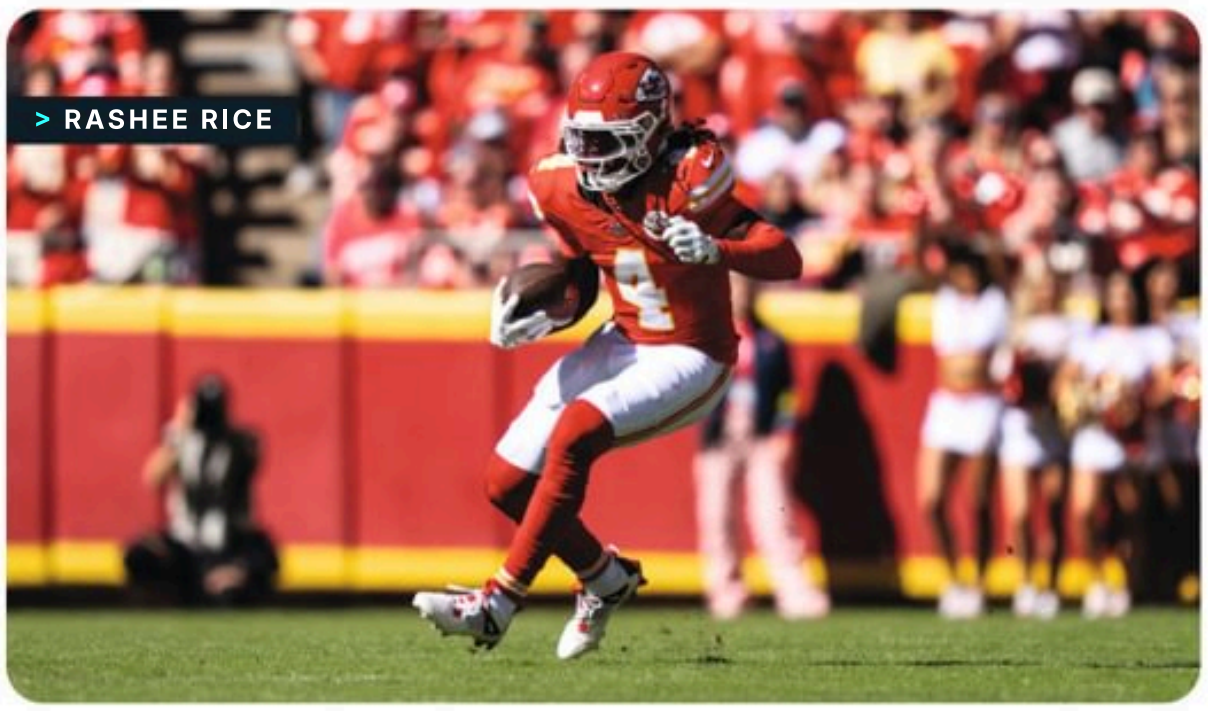
Team Overview

Patrick Mahomes is tentatively expected to be ready to go for Week 1 following 2025's season-ending ACL injury. Hopefully, the return of former OC Eric Bieniemy gets this passing attack back to operating with elite efficiency, as it's unlikely we see Mahomes reach the same rushing heights (career-high 30.1 rushing yards per game in 2024) less than 12 months removed from major knee surgery.

Kenneth Walker signed a three-year, $43.05 million deal to work as Kansas City's new workhorse back. The Super Bowl MVP has been a top-2 RB in tackles avoided per carry in each of the past three seasons and provides a much-needed boost of explosiveness to this backfield. We probably shouldn't overthink 300+ touches for a high-end talent like Walker in an offense led by Patrick Mahomes.

Rashee Rice isn't facing suspension risk ahead of 2026 and is in play as a top-6 fantasy receiver. While his route tree won't be confused with the top real-life talents at the position, his 18.8 PPR points per game in 2025 were the fifth-highest mark at the position. Xavier Worthy is an interesting post-hype bounceback candidate considering he was forced to play the entirety of 2025 with a torn labrum and ankle injury. Still, Tyquan Thornton is fresh off leading the NFL in yards per catch and hinders Worthy's potential to emerge as the offense's go-to deep-ball threat.

Travis Kelce looked to have a bit more juice than we've seen in recent years on his way to working as fantasy's TE9 in PPR points per game in 2025. Getting a full season from Rice won't help Kelce rack up his familiar low-aDOT targets, but the future Hall of Famer still possesses triple-digit target potential—not a bad deal at a TE2 price tag in fantasy land.



> RASHEE RICE

Utilization Notes

Rashee Rice has had his share of off-field problems, but the NFL is not seeking a 2026 suspension. When it comes to fantasy production, Rice has been elite. Over the last three seasons, including the NFL playoffs, Rice has averaged 18 fantasy points in 21 games in which he played at least 65% of pass plays. Of players with at least 500 routes over that span, he ranks fifth in points per route (0.55) and ninth in yards per route (2.31). Patrick Mahomes is recovering from a late-season ACL tear, but Rice is a mid-range WR1 with Mahomes.

Depth Chart

Quarterback:
- **Patrick Mahomes (injured)**
- **Justin Fields**

Running Back:
- Kenneth Walker
- Emmett Johnson

Wide Receiver:
- Rashee Rice
- Xavier Worthy
- Tyquan Thornton

Tight End:
- Travis Kelce

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Las Vegas Raiders

Team Snapshot

- **2025 Record / Rank in PPG:** 3-14 / 14.2 (32)
- **2026 Proj TDs per game:** 1.9 (rank: 29)
- **Head Coach:** Klint Kubiak (new)
- **Offensive Playcaller:** Kubiak (OC Andrew Janocko/new)
- **Projected Plays Per Game:** 59.8 (rank: 24)
- **Projected Dropback Rate:** 61.5% (rank: 9)
- **Matthew Freedman's Projected Win Total:** 5.4
- **Offensive Line Grade:** C
- **Key Departure:** Geno Smith
- **Key Additions:** Fernando Mendoza, Kirk Cousins, Mike Washington, Jalen Nailor, Tyler Linderbaum

Team Overview

The NFL Draft's No. 1 overall pick is fresh off one of the best college seasons ... ever. Of course, Mendoza was playing with one of America's best rosters at Indiana, something that is NOT the case in Las Vegas. Throw in the likelihood of Kirk Cousins starting the first chunk of the season, and Mendoza profiles as more of a late-round streamer option in fantasy land ahead of Year 1.

Ashton Jeanty's rookie season was marred by life behind the NFL's worst offensive line, but flashes were still evident in blowup performances against the Bears (155 yards, 3 TD) and Texans (188 yards, 2 TD). Klint Kubiak deployed an evenly split two-back committee with the Seahawks, but Jeanty sure looks like THE running back, y'all, based on this current depth chart. Even with the addition of rookie RB Mike Washington, a better run scheme could be enough to turn Jeanty's disappointing rookie-year RB16 finish into top-10 goodness.

Tre Tucker and Jalen Nailor profile as the leaders of this WR room, which is just such a ridiculous sentence to write out. Kubiak has led run-heavy offenses during each of his last two stops in Seattle and New Orleans, and whoever winds up leading this group will still be the offense's No. 2 pass-game option behind Brock Bowers. Tucker deserves top billing, but expecting more than boom-or-bust WR4 production feels like wishful thinking.

Bowers' encore campaign was unfortunately undone by a lingering knee injury, bad QB play and a scheme that was rough enough to warrant OC Chip Kelly getting fired in November. And yet, Bowers still somehow finished as fantasy's TE2 in PPR points per game. Don't be surprised if Bowers reminds everyone just how special he is inside an improved offense. He's fantasy's consensus TE2 and in play as a Round 2-3 option.

Utilization Notes

Ashton Jeanty averaged 14.3 fantasy points as a rookie, finishing as the RB15. That is a respectable number—on par with Bijan Robinson's 14.4 in 2023. And Jeanty proved capable of handling a heavy workload. He ranked second in rush share (78%) and seventh in target share (14%), resulting in the No. 7 Utilization Score (84). Historically, RBs in that range averaged 16.4 points. The Raiders don't project as a high-scoring offense, but the addition of Tyler Linderbaum at center and an upgrade at playcaller with Klint Kubiak are positives. Jeanty projects as a low-end RB1 in 2026.

Depth Chart

Quarterback:
- Fernando Mendoza
- Kirk Cousins

Running Back:
- Ashton Jeanty
- Mike Washington

Wide Receiver:
- Tre Tucker
- Jalen Nailor

Tight End:
- Brock Bowers

Los Angeles Chargers

Team Snapshot

- **2025 Record / Rank in PPG:** 11-6 / 21.6 (20)
- **2026 Proj TDs per game:** 2.3 (rank: 18)
- **Head Coach:** Jim Harbaugh
- **Offensive Playcaller:** Mike McDaniel (new)
- **Projected Plays Per Game:** 60.8 (rank: 19)
- **Projected Dropback Rate:** 60.3% (rank: 17)
- **Matthew Freedman's Projected Win Total:** 10
- **Offensive Line Grade:** B
- **Key Departures:** Najee Harris, Keenan Allen
- **Key Additions:** Keaton Mitchell, Brenen Thompson

Team Overview

Justin Herbert's QB10 finish in fantasy points per game last season was heavily aided by a career-high 498 rushing yards. One of just 10 QBs with multiple career seasons averaging north of 22 fantasy points per game, it'd make sense if better offensive line health, combined with an improved scheme courtesy of new OC Mike McDaniel, leads to bigger and better things for Herbert.

Omarion Hampton flashed some big-time upside during the first month of his rookie season before a Grade 3 high-ankle sprain doomed the rest of the year. Good news: Hampton's combination of high-end volume (77% snap rate Weeks 1-4), youth, explosiveness and receiving ability creates a fantasy-friendly profile inside an offense with top-10 scoring upside. Expect a committee of some sorts between speedy ex-Raven Keaton Mitchell and Kimani Vidal if Hampton misses time.

Ladd McConkey was less productive in 2025 (66-789-6 receiving) compared to 2024 (82-1,149-7) despite seeing only 6 fewer targets. Not ideal, although McConkey does profile as a solid bounceback candidate considering the departure of Keenan Allen and potential for Ladd to seize fantasy-friendly targets as McDaniel's primary motion-at-the-snap receiver. Quentin Johnston profiles as the boom-or-bust WR4 that he's largely been during the past two seasons. 2025 second-round pick Tre Harris should step into a starting role, though he could have competition for snaps and targets from speedy rookie Brenen Thompson.

Oronde Gadsden averaged a ridiculous 17.9 PPR points per game in Weeks 6-9, but his playing time noticeably dropped after LT Joe Alt was lost for the season. Good news: A pair of healthy tackles in 2026 should allow Gadsden to get back to functioning as more of a full-time receiver. There's some serious upside here for someone priced as a low-end TE1.

Utilization Notes

Omarion Hampton saw much of his rookie campaign wiped out by injuries, playing on over 50% of the snaps in only seven contests. Still, in those games, he averaged 16.2 fantasy points. The 2025 first-rounder has the frame to carry a heavy workload, and while he won't be the focal point of a passing game, his 18% targets per route suggest he is a capable checkdown. The return of tackles Joe Alt and Rashawn Slater, plus the switch to Mike McDaniel as the playcaller, are positives. Kimani Vidal and Keaton Mitchell could rotate, but Hampton projects as a low-end RB1.

Depth Chart

Quarterback:
- Justin Herbert

Running Back:
- Omarion Hampton
- Kimani Vidal
- Keaton Mitchell

Wide Receiver:
- Ladd McConkey
- Quentin Johnston
- Tre Harris

Tight End:
- Oronde Gadsden

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Los Angeles Rams

Team Snapshot

- **2025 Record / Rank in PPG:** 12-5 / 30.5 (1)
- **2026 Proj TDs per game:** 2.9 (rank: 3)
- **Head Coach:** Sean McVay
- **Offensive Playcaller:** McVay (OC Nate Scheelhaase)
- **Projected Plays Per Game:** 61.8 (7)
- **Projected Dropback Rate:** 58.5% (rank: 23)
- **Matthew Freedman's Projected Win Total:** 11.8
- **Offensive Line Grade:** B+
- **Key Departures:** Tutu Atwell
- **Key Additions:** Trent McDuffie (CB), Jaylen Watson (CB), Ty Simpson, Max Klare

Team Overview

Matthew Stafford threw for an NFL-high 4,707 yards and 46 touchdowns in 2025. The Rams didn't actually throw the ball much more than usual near the goal line—the spike came from 46.6% of Stafford's inside-the-10 pass attempts going for scores, up from 27.9% in 2024. Natural regression could push the reigning MVP's fantasy production closer to what we saw from 2021-2024 (15.7 fantasy points per game, QB19) as opposed to 2025 (20.6, QB3).

Kyren Williams' workload dropped considerably in 2025 (17.4 touches per game) compared to 2023 and 2024 (21.8), but his efficiency improved, and he scored 13 touchdowns inside the league's top-ranked scoring offense. Greedy fantasy managers always want more touches. Just realize Williams will be tough to keep out of the weekly RB1 conversation with similar volume and scoring upside in 2026. Amidst this, Blake Corum carried FLEX-worthy standalone value down the stretch and arguably the single-most valuable handcuff in fantasy football entering next season.

Puka Nacua is WR1 in career PPR points per game ... in NFL history. He's a consensus top-3 receiver and top-5 overall pick in fantasy land. And then there's Davante Adams, who worked as fantasy's WR9 (15.9 PPR points per game) before missing the end of the season with a hamstring injury. 33-year-old receivers don't make a habit of balling out in fantasy land. Though realize double-digit touchdown upside remains on the table for the future Hall of Famer.

Rams tight ends collectively scored the second-most PPR points in the league, but their committee usage led to Colby Parkinson (TE22) being the top scorer. Rising second-year talent Terrance Ferguson probably possesses the most raw upside of the group, but it's unlikely any party involved receives enough consistent volume to be overly dependable in fantasy land.

Utilization Notes

Kyren Williams averaged 21.4, 17.4 and 15.7 fantasy points from 2023 to 2025, notching a top-12 season each year. In 2023 and 2024, Williams was the only game in town, with astronomical snap shares of 83% and 87%. Last season, that fell to 63% from Week 7 through the NFL Playoffs with Blake Corum carving out a larger role in Year 2. This doesn't make Williams a bad fantasy asset—he plays in one of the best offenses—but we should adjust expectations. Williams projects as a mid-range RB2, and his floor is lower if Corum's role expands.

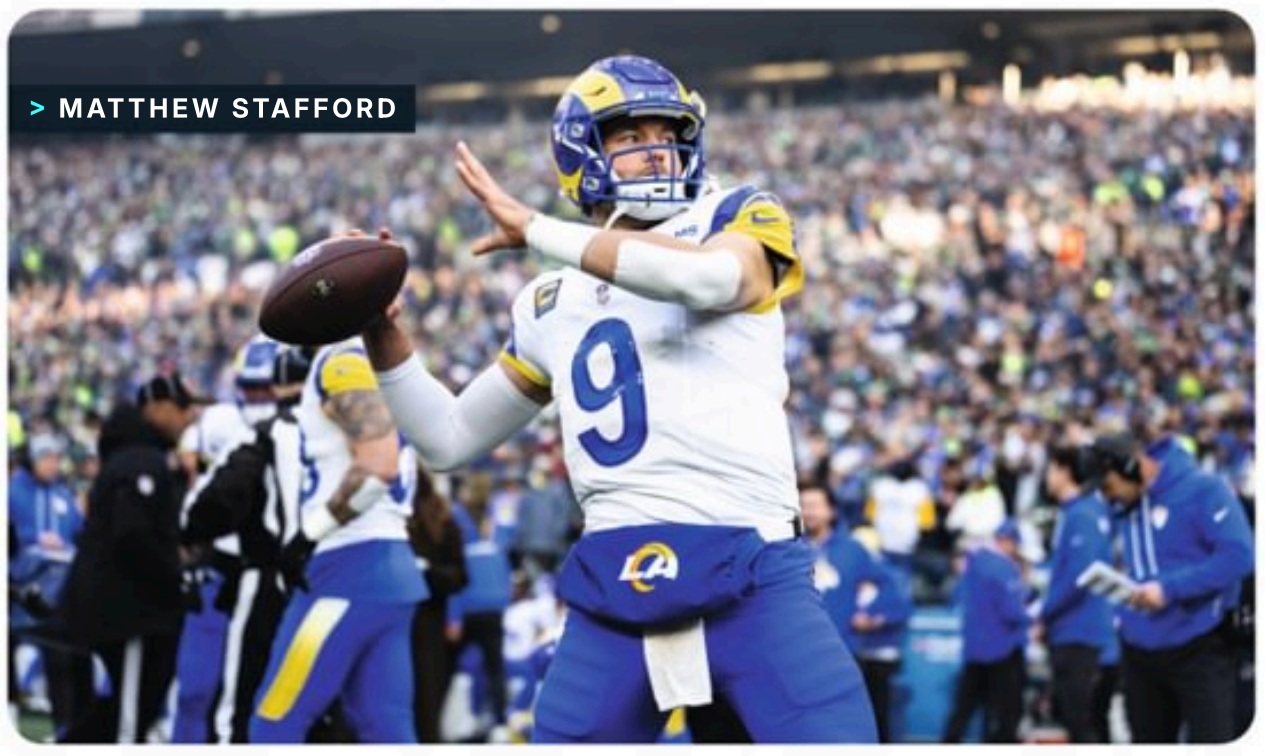
Depth Chart

Quarterback:
- Matthew Stafford

Running Back:
- Kyren Williams
- Blake Corum

Wide Receiver:
- Puka Nacua
- Davante Adams

Tight End:
- Terrance Ferguson
- Tyler Higbee
- Colby Parkinson



> MATTHEW STAFFORD

> De'Von Achane

Miami Dolphins

Team Snapshot

- **2025 Record / Rank in PPG:** 7-10 / 20.4 (25)
- **2026 Proj TDs per game:** 1.8 (rank: 31)
- **Head Coach:** Jeff Hafley (new)
- **Offensive Playcaller:** Bobby Slowik (new)
- **Projected Plays Per Game:** 58.5 (rank: 31)
- **Projected Dropback Rate:** 57.5% (rank: 25)
- **Matthew Freedman's Projected Win Total:** 5.1
- **Offensive Line Grade:** F+
- **Key Departures:** Jaylen Waddle, Tua Tagovailoa
- **Key Additions:** Malik Willis, Caleb Douglas, Chris Bell (inj.), Will Kacmarek

Team Overview

Small-sample size be damned: Malik Willis has looked GOOD on his way to leading the NFL in pretty much any premier aerial efficiency metric over the past two seasons. And yet, it's his rushing prowess that makes him a premier late-round quarterback option this season. 31 of 34 QBs with 100+ rush attempts in a season have returned top-12 fantasy per-game numbers since 2014—that's a 91% hit rate!

De'Von Achane is essentially the last man standing from the Mike McDaniel Dolphins. The good news is that OC Bobby Slowik was on the staff in 2025, so ideally Achane's fantasy-friendly pass-game role doesn't go anywhere. The bigger potential problem is going from a statue QB like Tua Tagovailoa to a dual-threat talent like Willis—it's possible we see checkdowns replaced with scrambles, and the quick-footed signal-caller also figures to be more involved as a rusher near the goal line. Even with these newfound concerns, Achane is Fantasy Life's consensus RB6. Jaylen Wright and Ollie Gordon would likely form a committee should Achane miss any time.

The NFL's least-proven receiver room should mostly revolve around a pair of Day 2 rookies in Caleb Douglas and Chris Bell. Douglas was a draft reach, and Bell is coming off a late-season ACL tear. Keep an eye on his training camp participation. Elsewhere, Malik Washington has flashed some solid YAC ability, but has been used in more of a gadget capacity early in his career—as evidenced by his 5.4-yard aDOT.

Greg Dulcich quietly posted top-5 numbers in yards (2.37) and targets (23.4%) per route run at the position last season. Of course, his 10-game, 33-target sample isn't too big, but the 26-year-old does possess a fantasy-friendly receiving skill set inside an offense with probably the least target competition in the entire NFL.

Utilization Notes

De'Von Achane will get his opportunities with Tyreek Hill and Jaylen Waddle gone. However, defenses could key on the Year 4 RB. That could drive down efficiency and the overall state of the offense hurts Achane's TD upside. With a creative scheme, we could see Malik Willis' rushing ability help open up running lanes. But that is a question mark with Bobby Slowik. And Willis' mobility cuts both ways. He boasts the No. 1 scramble rate over the last three seasons (19%), which could mean fewer checkdowns to the RBs. Miami's offensive concerns push Achane down to borderline RB1 territory.

Depth Chart

Quarterback:
- Malik Willis

Running Back:
- De'Von Achane
- Jaylen Wright

Wide Receiver:
- Malik Washington
- Caleb Douglas
- Chris Bell

Tight End:
- Greg Dulcich

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Minnesota Vikings

> JUSTIN JEFFERSON

Team Snapshot

- **2025 Record / Rank in PPG:** 9-8 / 20.2 (26)
- **2026 Proj TDs per game:** 2.2 (rank: 21)
- **Head Coach:** Kevin O'Connell
- **Offensive Playcaller:** O'Connell (OC Wes Phillips)
- **Projected Plays Per Game:** 60.8 (rank: 19)
- **Projected Dropback Rate:** 60.8% (rank: 13)
- **Matthew Freedman's Projected Win Total:** 8.6
- **Offensive Line Grade:** B
- **Key Departures:** Jalen Nailor
- **Key Additions:** Kyler Murray

Team Overview

Kyler Murray is the frontrunner to win this alleged competition. While 2025's "soft benching" for Jacoby Brissett featured Murray putting up career-worst passing numbers, the pint-sized speedster has posted high-end real-life—and especially fantasy—numbers on multiple occasions during his seven-year career. Murray joins Malik Willis as the top two later-round dual-threat options in fantasy.

Aaron Jones and Jordan Mason split snaps and touches for a middling Vikings offense in '25. However, both reached a 70%+ snap rate at different points of the season, indicating something close to a fantasy-friendly workhorse role is just one injury away to either from appearing. Of course, Mason profiles as the safer bet when considering age (27 vs. 31) and injury history. Credit to the ex-49er for ranking sixth in the NFL in rushing yards over expected per carry last season (+1.02, Next-Gen Stats).

Justin Jefferson's brutal 2025 featured career-worst counting and efficiency numbers in virtually every meaningful statistic. Overall, he finished as fantasy's WR32 in PPR points per game. At the risk of jinxing things, it shouldn't be able to get any worse—and overall WR1 heights certainly remain on the table should Kyler get back to partying like it's 2021. Sidekick Jordan Addison also had a rough time adjusting to the JJ McCarthy experience; the 24-year-old talent posted upside WR3 numbers in 2023 (WR31) and 2024 (WR25) alike and offers sneaky-solid late-round bounceback potential.

TJ Hockenson was viewed as a likely cap casualty this offseason, but a restructured contract will keep him wearing purple and gold in 2026. Like everyone else in Minnesota, 2025 was rough, but we are only two years removed from Hockenson finishing as fantasy's TE2 in PPR points per game. Last season Hockenson carried a TE6 ADP in August—this year he's going outside the position's top-20 options.

Utilization Notes

Justin Jefferson averaged just 11.9 fantasy points in 2025—almost unfathomable for an alpha still earning a 31% target share (4th). The culprit was Minnesota's QB room. After averaging 277 (1st) and 258 (5th) passing yards per game in 2023–24, the Vikings collapsed to 189 (30th) in 2025. So, Minnesota signed Kyler Murray to a one-year, $1.3M prove-it deal. Murray averaged 220 yards over three seasons—below league average—but paired with Kevin O'Connell, there's hope he can stabilize the offense. At 27, Jefferson offers top-3 WR upside, but the QB uncertainty makes him a mid-range WR1 with some risk.

Depth Chart

Quarterback:
- Kyler Murray
- JJ McCarthy

Running Back:
- Aaron Jones
- Jordan Mason

Wide Receiver:
- Justin Jefferson
- Jordan Addison
- Tai Felton

Tight End:
- TJ Hockenson

New England Patriots

Team Snapshot

- **2025 Record / Rank in PPG:** 14-3 / 28.8 (2)
- **2026 Proj TDs per game:** 2.5 (rank: 11)
- **Head Coach:** Mike Vrabel
- **Offensive Playcaller:** Josh McDaniels
- **Projected Plays Per Game:** 59.8 (rank: 24)
- **Projected Dropback Rate:** 60.8% (rank: 13)
- **Matthew Freedman's Projected Win Total:** 10
- **Offensive Line Grade:** C+
- **Key Departure:** Stefon Diggs
- **Key Addition:** Romeo Doubs, Eli Raridon

Team Overview

Drake Maye's 2025 breakout featured him scoring more fantasy points per game than anyone other than Josh Allen. This was thanks to a mix of high-end passing efficiency (NFL-best 72% completion rate, 8.9 yards per attempt) and all sorts of rushing upside (6th most fantasy points from rushing among QBs). The ceiling is the moon with a new-and-improved wide receiver room.

Last season, Rhamondre Stevenson rather easily out-touched TreVeyon Henderson (232 vs. 193) in 18 games together (including playoffs). This grew in the postseason, as Stevenson doubled up Henderson (70 vs. 35) while playing 71% of the offense's snaps. Henderson proved capable of booming when given the (Roman) reins of the backfield with Stevenson injured (RB16, RB4, RB3 Weeks 9-11), but expecting a non-injury-induced takeover seems like wishful thinking, particularly with Henderson struggling to lock down a featured pass-game role as a rookie.

The Pats were happy to rotate up to five receivers during any given week in 2025, and this feels like the case again in 2026—behind re-energized longtime stud No. 1 WR AJ Brown, who was expected to be traded to the Pats when we published. Fire up AJB as an upside WR1 with something to prove while catching passes from potentially the best *passing* QB of his career. Romeo Doubs' shiny new contract should earn him No. 2 duties, but there's a lot of additional competition that could limit the involved ceiling.

Old dogs can learn new tricks: Hunter Henry gained a career-high 768 yards in 2025 and also found the end zone seven times. The resulting TE13 finish in PPR points per game was good value for such a late-round option. There's similar cost-reward upside on the table ahead of 2026—especially with Austin Hooper (85 targets in 2024-2025) now in Atlanta.

> TREVEYON HENDERSON

Utilization Notes

TreVeyon Henderson averaged 8.1 fantasy points in 18 games with a healthy Rhamondre Stevenson, including the NFL Playoffs. In those contests, he played 34% of snaps, handled 36% of attempts and garnered a 28% route participation rate. But Henderson flashed explosive upside, averaging 5.1 yards per carry. He delivered an electric 21 points per game in four games without Stevenson. The 2025 second-rounder should challenge for more opportunities in Year 2, but the range of outcomes is wide. Henderson projects as a high-end RB3 with genuine RB1 upside if he can wrestle the lead role away from Stevenson.

Depth Chart

Quarterback:
- Drake Maye

Running Back:
- Rhamondre Stevenson
- TreVeyon Henderson

Wide Receiver:
- Romeo Doubs
- Mack Hollins
- Kyle Williams

Tight End:
- Hunter Henry
- Eli Raridon

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New Orleans Saints

Team Snapshot

- **2025 Record / Rank in PPG:** 6-11 / 18.0 (28)
- **2026 Proj TDs per game:** 1.9 (rank: 27)
- **Head Coach:** Kellen Moore
- **Offensive Playcaller:** Moore (OC Doug Nussmeier)
- **Projected Plays Per Game:** 62 (rank: 4)
- **Projected Dropback Rate:** 61.8 (rank: 6)
- **Matthew Freedman's Projected Win Total:** 7.8
- **Offensive Line Grade:** C
- **Key Departures:** *[None]*
- **Key Additions:** Travis Etienne, Jordyn Tyson, Oscar Delp, Bryce Lance

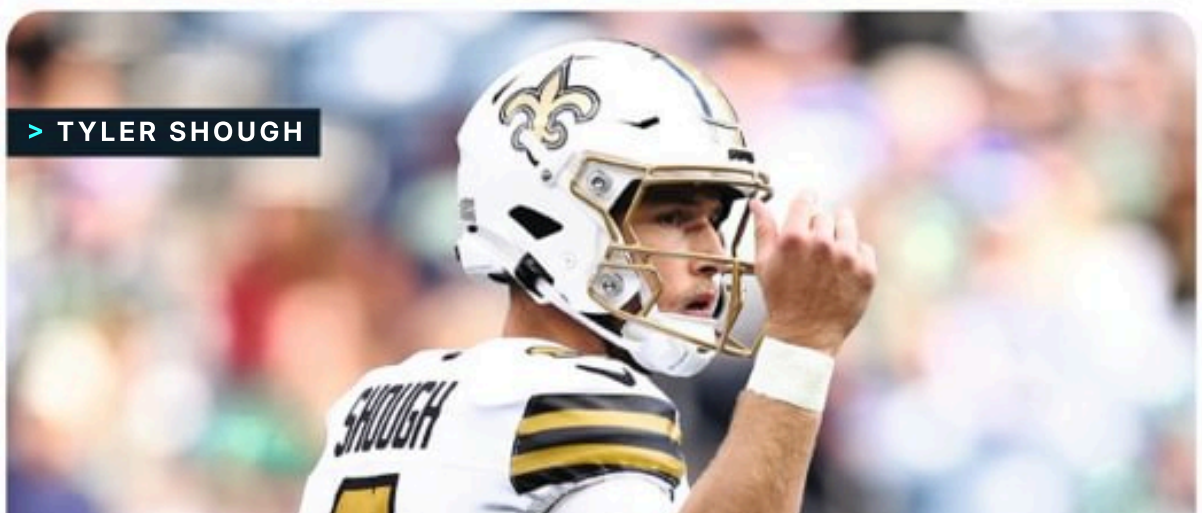
Team Overview

Tyler Shough took over in Week 9 and worked as the QB12 in fantasy points per game the rest of the way. Shough's sneaky athleticism—get it? because he's white—helped him average 3.33 fantasy points per game from rushing. That was right there with Caleb Williams and even Lamar Jackson. With the addition of WR Jordyn Tyson at No. 8 in the NFL Draft, Shough fits the profile of a quality late-round QB.

The Saints have 52 million reasons to feature Travis Etienne as their lead back. Credit to the ex-Jaguar for racking up 1,441, 1,484 and 1,399 total yards with an average of 10 touchdowns in three seasons when he was healthy enough to suit up for all 17 games. Still, Alvin Kamara—should he remain with the team—could certainly lead to more of an annoying backfield split than fantasy managers might prefer. Ultimately, ETN is the favorite to lead the way, but his top-20 ADP could look rough should this wind up being anything close to an evenly split committee.

Chris Olave's breakout 2025 campaign featured a sizzling 100-1,163-9 receiving line and more PPR points during the fantasy playoffs than any receiver not named Puka Nacua. Few players combine Olave's mix of youth (26 in June), proven efficiency (WR17 in yards per route run since 2022) and projected volume (141 targets). A healthy Tyson projects for triple-digit targets and is a great complement to Olave.

Juwan Johnson set career-best marks in receptions (77) and yards (889) during 2025, as HC Kellen Moore proved willing to consistently feature the 29-year-old veteran as an every-down player for the first time in his career. Rookie Oscar Delp might have a bright future, but at least for 2026 Johnson (again) profiles as the sort of player with borderline TE1 upside at a low-end TE2 cost.



> TYLER SHOUGH

Utilization Notes

Chris Olave finished as the WR6 in fantasy, averaging 16.8 fantasy points. Under Kellen Moore, Olave shifted more to the slot (42%), where he created matchup nightmares for interior defenders. Tyler Shough emerged as a viable passer, averaging 251 yards, after taking over in Week 9. Olave boasted a 29% target share and 126 air yards per game in eight contests with Shough. He was the No. 4 WR over that span with 18.8 PPG and an 88 Utilization Score (3rd). Olave's talent profile has always had the underpinnings of a borderline WR1—in line with his 2026 projection.

Depth Chart

Quarterback:
- Tyler Shough

Running Back:
- Travis Etienne
- Alvin Kamara
- Kendre Miller

Wide Receiver:
- Chris Olave
- Jordyn Tyson
- Bryce Lance

Tight End:
- Juwan Johnson
- Oscar Delp

New York Giants

Team Snapshot

- **2025 Record / Rank in PPG:** 4-13 / 22.4 (17)
- **2026 Proj PPG:** 2.3 (rank: 19)
- **Head Coach:** John Harbaugh (new)
- **Offensive Playcaller:** Matt Nagy (new)
- **Projected Plays Per Game:** 60.5 (rank: 22)
- **Projected Dropback Rate:** 57 (rank: 27)
- **Matthew Freedman's Projected Win Total:** 6.6
- **Offensive Line Grade:** D+
- **Key Departure:** Wan'Dale Robinson
- **Key Additions:** Isaiah Likely, Darnell Mooney, Malachi Fields

Team Overview

Jaxson Dart flashed some tantalizing dual-threat ability as a rookie: Only Josh Allen (8.2) averaged more fantasy points per game from rushing than Dart (7.2) among all quarterbacks. That mindset could be curbed under a new coaching staff—especially after Dart spent so much time in the injury tent himself—but there's an awfully high ceiling here should everything click with a healthier supporting cast.

Cam Skattebo is expected to be full go by training camp following last season's season-ending lower-body injury. Wild but true: It's not ideal to suffer a dislocated ankle, fractured fibula, and ruptured deltoid ligament, but learned doctors believe the lack of knee-related issues could help Skattebo resemble his usual bulldog self sooner rather than later. This reality makes him an enticing option at low-end RB2 cost considering Skattebo worked as fantasy's RB9 in PPR points per game last season.

Here's to hoping Malik Nabers is feeling like his old self: The 22-year-old trails only Puka Nacua and Rashee Rice in targets per route run over the last two seasons—there's overall WR1 upside here with good health and improved quarterback play. Darnell Mooney, Darius Slayton and Malachi Fields figure to compete for No. 2 WR duties, although the offense's real No. 2 pass-game option might just play tight end.

Isaiah Likely's $40 million contract makes him the sixth-highest-paid player at the position. HC John Harbaugh has stated, "I'm certain he's going to be able to put up the numbers, the stats ... that wasn't the thing in Baltimore because of the supporting cast." Likely possesses plenty of YAC ability and showed off a penchant for getting open on the scramble drill—something that could mesh well with Dart. It's easy to argue Likely has the highest best-case ceiling of any mid-tier TE2.

Utilization Notes

Jaxson Dart took over in Week 4 and ranked second in designed rush rate (13%), fourth in scramble rate (9%) and second in designed rushes inside the 5-yard line (33%)—averaging 19.9 fantasy points as the QB8. A Week 10 concussion cooled his designed attempts to 7%, but his scramble rate held at 10%, and he still accounted for 25% of rushing attempts inside the 5. Dart finished as a QB1 as a rookie without Malik Nabers. With John Harbaugh arriving to maximize his rushing upside, the dual-threat QB projects as a low-end QB1 with high-end upside.

Depth Chart

Quarterback:
- Jaxson Dart

Running Back:
- Cam Skattebo
- Tyrone Tracy

Wide Receiver:
- Malik Nabers
- Darnell Mooney
- Darius Slayton

Tight End:
- Isaiah Likely
- Theo Johnson

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> GARRETT WILSON

New York Jets

Team Snapshot

- **2025 Record / Rank in PPG:** 3-14 / 17.6 (29)
- **2026 Proj TDs per game:** 1.8 (rank: 30)
- **Head Coach:** Aaron Glenn
- **Offensive Playcaller:** Frank Reich (new)
- **Projected Plays Per Game:** 58.8 (rank: 30)
- **Projected Dropback Rate:** 62.3% (rank: 5)
- **Matthew Freedman's Projected Win Total:** 5.1
- **Offensive Line Grade:** C
- **Key Departure:** Justin Fields
- **Key Additions:** Geno Smith, Kenyon Sadiq, Omar Cooper

Team Overview

Geno Smith led the NFL in interceptions (17) and sacks taken (55) in 2025. Of course, the Raiders' miserable offensive line and scheme didn't help, and Smith is just one year removed from posting average-to-above-average numbers in most passing efficiency metrics. Are the *Jets* likely to bring out the best in Geno? No, but you could imagine what it'd be like if they did.

Breece Hall's 1,415 total yards and 5 touchdowns were good for only RB21 status in PPR points per game, but the 25-year-old did post an 8.6% explosive rush rate—tied with Jahmyr Gibbs for the eighth-best mark in the league. New OC Frank Reich is no stranger to force feeding his RB1 the football—there's RB1 upside here if (big if) the Jets get a return to form from Geno and close to elite play from their young stud tackles. Braelon Allen would likely lead a committee next to Isaiah Davis should Hall miss any time.

Last season Garrett Wilson did his best DJ Moore impression with a 36-395-4 receiving line in six games catching passes from Justin Fields prior to his season-ending knee injury. 16.2 PPR points per game! WR10! If 2026 Geno can just be better than 2025 Fields (spoiler: he is), it's within Wilson's range of potential outcomes to ball the hell out. After Wilson, Adonai Mitchell will battle for targets alongside rookie Omar Cooper. Fantasy Life projections have Cooper out-targeting Mitchell, 95-61.

Rookie first-rounder Kenyon Sadiq has some serious YAC juice and gives this offense a newfound seam-stretching threat. Still, Mason Taylor is a competent enough inline option to potentially make this far more of a committee situation than fantasy managers would prefer.

Utilization Notes

Garrett Wilson averaged 18.6 PPG over the first five games of the 2025 regular season before suffering a hyperextended knee in Week 6. In the two prior years, he averaged 14.7 PPG (WR20) and 12.5 PPG (WR33). His underlying data points to a solid WR2 talent. His career TPRR of 24% is WR2-worthy, but his career YPRR of 1.70 is in WR3 territory. It's hard to put too much weight into his YPRR considering his quarterbacks. While Geno Smith regressed in 2025, he averaged 242 and 254 passing yards in 2023-24. Wilson is a mid-range WR2 heading into 2026.

Depth Chart

Quarterback:
- Geno Smith

Running Back:
- Breece Hall
- Braelon Allen

Wide Receiver:
- Garrett Wilson
- Adonai Mitchell
- Omar Cooper

Tight End:
- Mason Taylor
- Kenyon Sadiq

Philadelphia Eagles

Team Snapshot

- **2025 Record / Rank in PPG:** 11-6 / 22.3 (19)
- **2026 Proj TDs per game:** 2.6 (rank: 10)
- **Head Coach:** Nick Sirianni
- **Offensive Playcaller:** Sean Mannion (new)
- **Projected Plays Per Game:** 61.5 (rank: 12)
- **Projected Dropback Rate:** 55.8% (rank: 31)
- **Matthew Freedman's Projected Win Total:** 9.9
- **Offensive Line Grade:** A-
- **Key Departure:** Jahan Dotson
- **Key Additions:** Hollywood Brown, Dontayvion Wicks, Makai Lemon, Eli Stowers

Team Overview

Jalen Hurts' main culprit for last season's career-worst fantasy production was a five-year low in rushing touchdowns (8). However, the Eagles still used the tush push tactic on 89% of their trips to the 1-yard line; the difference was this sputtering offense had only 10 total plays from the doorstep. Reminder: Hurts is the QB2 in fantasy points per game since '21.

Saquon Barkley's down 2025 campaign featured his yards per carry falling from 5.8 to 4.1. The offense's uninventive scheme, a midseason groin injury, and Barkley simply not being himself following 2024's gargantuan workload are potential excuses. Either way: The longtime stud RB still profiles for a fantasy-friendly three-down role and is at least far cheaper to acquire in fantasy land this time around. Tank Bigsby is the next-man-up behind Barkley and is a great late-round handcuff option.

AJ Brown is still on the team as of this publishing, amid trade rumors. DeVonta Smith could be a sleeping giant here: One of the things Matthew Berry heard at the combine was that the Eagles believe Smith *"hasn't reached his full potential and has 'another gear' he can get to. That, if Smith were given the same kind of target share as Jaxon Smith-Njigba, he could have that kind of year."* Makai Lemon was selected 20th overall in the NFL Draft, and will be a factor in this offense. There's enough of a talent/volume upside scenario to warrant a later-round dart.

Dallas Goedert scored 13 touchdowns in 16 games last season ... and all but three came from inside the 10-yard line. Otherwise, the 31-year-old veteran averaged a career-low 9.9 yards per catch and had his fewest yards per game (39.4) since his rookie season. Goedert is a (very) touchdown-dependent low-end TE1.

> SAQUON BARKLEY

Utilization Notes

Saquon Barkley registered his best season in Year 1 with the Eagles in 2024, averaging 22 points per game, but that fell to 14.5 in Year 2. However, he battled knee, groin, back and stinger injuries, and the offensive line was banged up for the majority of the 2025 regular season. Barkley's Utilization Score of 83 ranked seventh. His historical comps averaged 16.2 points. He will be 29.6 and faces the challenge of a quarterback who is a touchdown hog, but the Eagles project as a high-quality run-oriented team. That makes Barkley a strong mid-range RB1 worthy of a Round 2 pick in fantasy football.

Depth Chart

Quarterback:
- Jalen Hurts

Running Back:
- Saquon Barkley
- Will Shipley

Wide Receiver:
- AJ Brown
- DeVonta Smith
- Makai Lemon

Tight End:
- Dallas Goedert
- Eli Stowers

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Pittsburgh Steelers

Team Snapshot

- **2025 Record / Rank in PPG:** 10-7 / 23.4 (15)
- **2026 Proj TDs per game:** 2.1 (rank: 24)
- **Head Coach:** Mike McCarthy (new)
- **Offensive Playcaller:** McCarthy (OC Brian Angelichio/new)
- **Projected Plays Per Game:** 61 (rank: 18)
- **Projected Dropback Rate:** 61.3% (rank: 12)
- **Matthew Freedman's Projected Win Total:** 9.1
- **Offensive Line Grade:** D
- **Key Departure:** Kenneth Gainwell
- **Key Additions:** Michael Pittman Jr., Rico Dowdle, Germie Bernard, Drew Allar, Kaden Wetjen, Eli Heidenreich

Team Overview

Aaron Rodgers—still unsigned as of this writing—remains capable of slinging the pill with the benefit of a clean pocket; the problem is the mobility is long gone, and the old man (understandably) isn't too keen on hanging onto the ball too long at the risk of taking hits. Credit for leading the Steelers to their best scoring offense rank (15th) in the post-Big Ben era, but there's no semblance of fantasy upside for the soon-to-be 43-year-old future Hall of Famer in the year 2026.

This profiles as a two-headed committee between incumbent starter Jaylen Warren and ex-Cowboy/Panther Rico Dowdle, who HC Mike McCarthy once described as "a bowling ball full of butcher knives." Dowdle is a threat to split, or even take over, early-down and goal-line work, but Warren's PPR-ceiling gets a boost after Kenneth Gainwell (73 receptions in 2025) took his talents to Tampa Bay. Both Warren and Dowdle profile as weekly FLEX options with contingent RB1 upside should the other miss time.

DK Metcalf was the WR20 in PPR points per game last season and has the paycheck of a No. 1 WR, although it's possible ex-Colt Michael Pittman Jr. is deployed closer to the line of scrimmage and accordingly competes for the team lead in targets. Credit to Pittman for posting PPR WR24, WR22 and WR14 fantasy finishes in 2021-2023 before dealing with a fractured back in 2024 and a literal Grandpa in 2025. Bernard should start from Day 1, but he's No. 3 in this low-flying offense.

Pat Freiermuth's full-time role evaporated in 2025 due to the presence of Darnell Washington and Arthur Smith's longtime BFF Jonnu Smith. The absence of the latter could help breathe some life into Freiermuth's fantasy stock, but we'd still be looking at the probable No. 4 target in a meh passing game.

Utilization Notes

Jaylen Warren has a new backfield mate in Rico Dowdle. Unfortunately, it feels like we will never experience the full-time Warren era. Early reports indicate that Dowdle, who played under Mike McCarthy in Dallas, will be highly active on base running downs, where he thrived for the Panthers in 2025. Still, Warren projects as the better fantasy asset, given his passing-down ability. His 1.45, 1.44, and 1.58 yards per route data align with historical top-6 RB1s. Warren projects as a mid-range RB3 with borderline RB1 upside should he ever handle a full-time workload. Same as it ever was.

Depth Chart

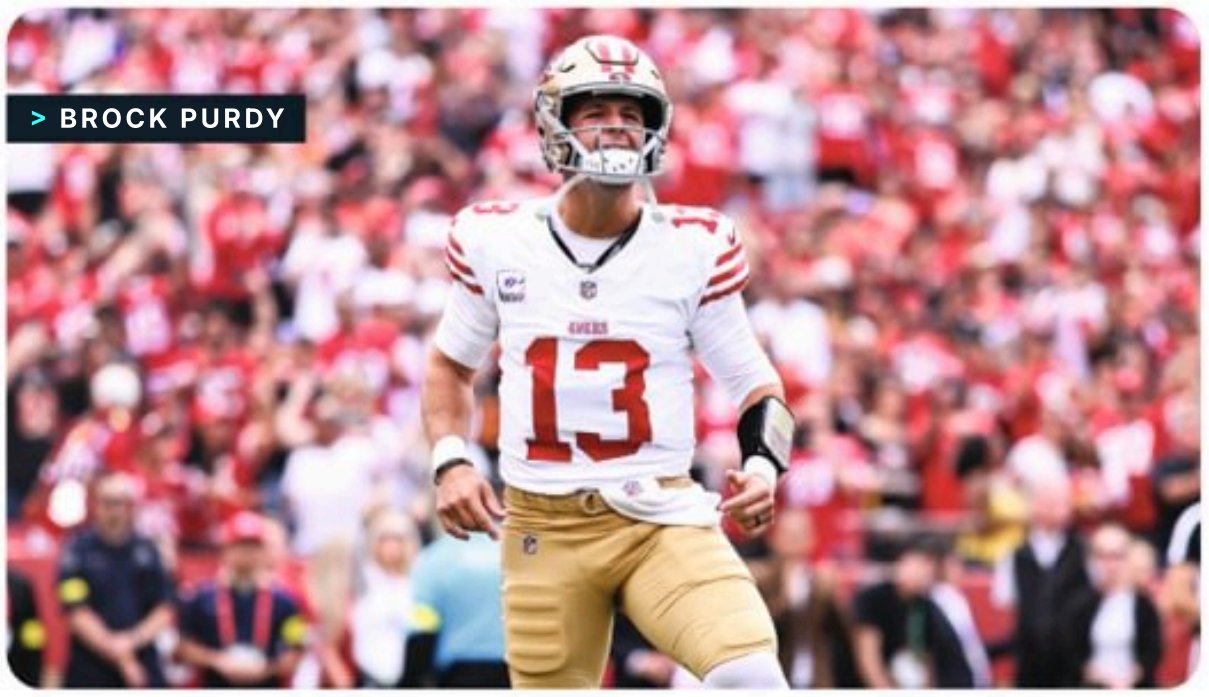
Quarterback:
- Aaron Rodgers

Running Back:
- Jaylen Warren
- Rico Dowdle
- Kaleb Johnson

Wide Receiver:
- DK Metcalf
- Michael Pittman Jr.
- Germie Bernard

Tight End:
- Pat Freiermuth
- Darnell Washington

> JAYLEN WARREN



San Francisco 49ers

→ Team Snapshot

- **> 2025 Record / Rank in PPG:** 12-5 / 25.7 (10)
- **> 2026 Proj TDs per game:** 2.8 (rank: 5)
- **> Head Coach:** Kyle Shanahan
- **> Offensive Playcaller:** Shanahan (OC Klay Kubiak)
- **> Projected Plays Per Game:** 60 (rank: 23)
- **> Projected Dropback Rate:** 57.3% (rank: 26)
- **> Matthew Freedman's Projected Win Total:** 10
- **> Offensive Line Grade:** B
- **> Key Departures:** Jauan Jennings, Brian Robinson
- **> Key Additions:** Mike Evans, Christian Kirk, De'Zhaun Stribling, Kaelon Black

→ Team Overview

Brock Purdy ranks first in the Super Bowl era in career yards per attempt and passer rating. He's the QB6 in fantasy points per game since 2023. The system and environment have helped, but in recent years the team's top playmakers have missed plenty of time. Purdy is a screaming buy at his borderline QB1 price tag in fantasy land.

Christian McCaffrey has finished as a top-3 fantasy RB in five of the last eight seasons. The concern is that the 30-year-old is coming off an insane 450 touches, and HC Kyle Shanahan has stated this offseason that CMC "needs some help." That said: Good luck ranking five RBs ahead of McCaffrey. Either way, third-round rookie Kaelon Black suddenly profiles as one of fantasy's better handcuff options after Brian Robinson departed for Atlanta during free agency.

Mike Evans' injury-riddled 2025 featured career-worst numbers in pretty much every statistic. The glass-half-full bounceback scenario for the soon-to-be 33-year-old revolves around marketable upgrades in the QB, scheme and volume departments. Failure for Evans to function as his typical alpha self would put more on the plate of third-year talent Ricky Pearsall, veteran Christian Kirk and No. 33 overall pick De'Zhaun Stribling. No parties here are without risk; just realize Purdy and Shanahan have consistently produced one of the league's most efficient aerial attacks together.

George Kittle apparently has a chance to be ready for Week 1 despite suffering a torn Achilles last January. While it's certainly scary to bet on a 32-year-old tight end coming back from what's usually a devastating injury, the TE2 price tag does make Kittle a reasonable late-round dart. Credit to Jake Tonges for working as the TE9 in total PPR points in Weeks 1-6 with Kittle sidelined last season.

→ Utilization Notes

Mike Evans will be 33 and is coming off his worst fantasy season ever, averaging 10.6 fantasy points (WR41). He dealt with significant injuries last year, delivering 1.62 yards per route. Still, he was earning opportunities at a high rate with a 26% targets per route, and the 49ers decided to bet on the aging WR with a three-year $42.5M contract. With San Francisco, Evans will play in a potential top-5 offense with an exceptional schemer in Kyle Shanahan. Evans projects as a mid-range WR2 with WR1 upside.

→ Depth Chart

Quarterback:
- Brock Purdy

Running Back:
- Christian McCaffrey
- Kaelon Black

Wide Receiver:
- Mike Evans
- Ricky Pearsall
- Christian Kirk

Tight End:
- George Kittle (injured)
- Jake Tonges

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Seattle Seahawks

Team Snapshot

- **2025 Record / Rank in PPG:** 14-3 / 28.4 (3)
- **2026 Proj TDs per game:** 2.5 (rank: 12)
- **Head Coach:** Mike Macdonald
- **Offensive Playcaller:** Brian Fleury (new)
- **Projected Plays Per Game:** 59.3 (rank: 29)
- **Projected Dropback Rate:** 56.5% (rank: 29)
- **Matthew Freedman's Projected Win Total:** 11.5
- **Offensive Line Grade:** B-
- **Key Departure:** Kenneth Walker
- **Key Additions:** Jadarian Price, Emanuel Wilson

Team Overview

Super Bowl champion Sam Darnold (what a line to type out) ranks third in yards per attempt (8.2) and fourth in success rate (52%) during the last two seasons, although the fantasy returns in 2025 (QB24 in fantasy points per game) weren't huge. Still, the Ghostbuster carries a reasonable borderline QB2 ADP ahead of a season that could feature him forced to throw more than ever considering this dire running back room.

Zach Charbonnet could be looking at a November or even December return following last January's torn ACL. Here's to hoping for a quick recovery. Jadarian Price was a surprise first-round pick, and he projects to have 246 total touches, far and away leading a backfield that also includes former Packer Emanuel Wilson and holdover George Holani.

Jaxon Smith-Njigba scored 21.2 PPR points per game (WR2) during his Offensive Player of the Year campaign. He's a top-5 fantasy pick so long as new OC Brian Fleury doesn't attempt to do his best Shane Waldron impression. Rashid Shaheed's shiny new $51 million contract doesn't change the fact that the ex-Saint averaged just 17.5 receiving yards in Seattle last season could be wishful thinking. It's more likely that Shaheed divides the small pie of remaining targets with Cooper Kupp (33 in June) and Tory Horton (recovering from season-ending shin injury).

The NFL's best short-yardage rusher in 1st-down percentage on 3rd/4th down with three or fewer yards to go: AJ Barner (87.5%)! The tush push aficionado and reigning TE21 in PPR points per game is a perfectly fine late-round dart at the position, although the team's wide receiver room—and TE Elijah Arroyo—make it tough to envision too big of a boom scenario given the lack of target upside at hand.

> JAXON SMITH-NJIGBA

Utilization Notes

Jaxon Smith-Njigba followed up his second-half 2024 breakout, where he averaged 18.2 fantasy points from Week 9 onward, with a fantastic Year 3 campaign with 20.9. He led all WRs with a 36% target share and finished second in yards per route with a sterling 3.71. His 94 Utilization Score ranked second. Smith-Njigba expanded his game, winning from the outside (77% wide alignment) and upped his aDOT from 8.7 to 11.1. Sam Darnold ranked eighth in passing yards per game (238), and the target competition is low. JSN is a top-3 WR.

Depth Chart

Quarterback:
- Sam Darnold

Running Back:
- Jadarian Price
- Emanuel Wilson
- George Holani

Wide Receiver:
- Jaxon Smith-Njigba
- Rashid Shaheed
- Cooper Kupp

Tight End:
- AJ Barner
- Elijah Arroyo

Tampa Bay Buccaneers

Team Snapshot

- **2025 Record / Rank in PPG:** 8-9 / 22.4 (18)
- **2026 Proj TDs per game:** 2.4 (rank: 16)
- **Head Coach:** Todd Bowles
- **Offensive Playcaller:** Zac Robinson
- **Projected Plays Per Game:** 62 (rank: 4)
- **Projected Dropback Rate:** 59% (rank: 20)
- **Matthew Freedman's Projected Win Total:** 7.5
- **Offensive Line Grade:** C+
- **Key Departures:** Mike Evans, Rachaad White
- **Key Additions:** Kenneth Gainwell, Ted Hurst

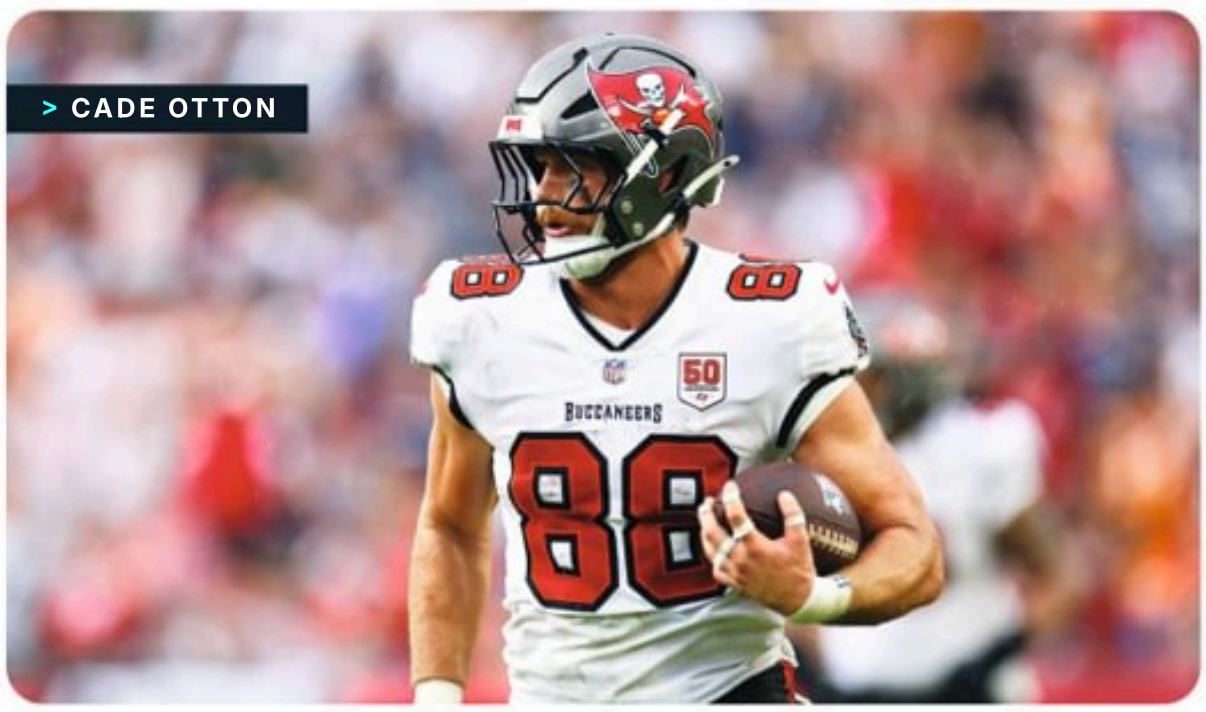
Team Overview

Baker Mayfield was receiving unironic MVP chants last October during his blistering start, but inaccuracy and injuries to many of the offense's key playmakers made for a rough finish. Maybe Mayfield's history with new OC Zac Robinson brings out the best from the 31-year-old gunslinger–it's his eighth offensive coordinator entering Year 9! But either way, Mayfield's QB19 ADP is a pretty solid value for someone who has averaged 17.9 fantasy points per game since 2023 (QB10).

Bucky Irving's 2025 season was largely undone by Week 4 shoulder/foot injuries. It'd be great to assume that better health will get the rising third-year talent back to his tantalizing late-season 2024 heights. Although the decision to sign pass-game specialist Kenneth Gainwell and bring back short-yardage hammer Sean Tucker doesn't exactly make this a clean projection.

Emeka Egbuka worked as fantasy's WR9 in PPR points per game (16.1) in Weeks 1-10 ... and the WR72 (6.1) during his final eight games of the season. The 2025 first-rounder did play through a midseason hamstring injury and has less target competition than ever with Mike Evans out of the picture. Buy. Chris Godwin is an intriguing bounceback candidate who's an extra year removed from his devastating 2024 ankle injury—remember when he was fantasy's WR2 through the first seven games of 2024? No. 3 WR Jalen McMillan is more of a late-round best ball play than enticing re-draft target.

Cade Otton is a perfectly solid real-life tight end who ceases to exist in fantasy until several of the team's wide receivers get injured. Credit to Otton for making a habit of booming with his extra opportunities over the years, but yeah, he's nothing to overly concern yourself with until it's time to grind the ole waiver wire.


> CADE OTTON

Utilization Notes

Emeka Egbuka cooled over the second half of 2025. But variance can play a role in small samples. Overall, he had a solid rookie season, averaging 11.4 fantasy points. His 1.74 YPRR (26th) and 24% TPRR (18th) were in the same ballpark as Tetairoa McMillan. The Round 1 NFL Draft pick will have less target competition with Mike Evans gone, and Zac Robinson will replace Josh Grizzard as offensive coordinator. When asked about Egbuka, Robinson said there is "nothing he can't do," noting his route tree, yards-after-catch ability and ball skills. Egbuka projects as a low-end WR2 with upside.

Depth Chart

Quarterback:
- Baker Mayfield

Running Back:
- Bucky Irving
- Kenneth Gainwell

Wide Receiver:
- Emeka Egbuka
- Chris Godwin
- Jalen McMillan

Tight End:
- Cade Otton

Harness the power of utilization!
Tap into key metrics to make match-up-winning decisions.

Tennessee Titans

Team Snapshot

- **2025 Record / Rank in PPG:** 3-14 / 16.7 (30)
- **2026 Proj TDs per game:** 1.9 (rank: 28)
- **Head Coach:** Robert Saleh
- **Offensive Playcaller:** Brian Daboll (new)
- **Projected Plays Per Game:** 61.3 (rank: 15)
- **Projected Dropback Rate:** 63% (rank: 4)
- **Matthew Freedman's Projected Win Total:** 6.1
- **Offensive Line Grade:** D-
- **Key Departure:** Chig Okonkwo
- **Key Additions:** Wan'Dale Robinson, Carnell Tate, Nicholas Singleton

Team Overview

Silly "numbers" and "analytics" say Cam Ward was quite bad in 2025, but the No. 1 overall pick still managed to make a throw or two per week that showed off his tantalizing upside. New OC Brian Daboll was a bit of a mixed bag in New York, but the team's improvements in the playmakers department can only help what has been one of the league's most talent-barren offenses in recent years.

Tony Pollard is the incumbent lead RB, and plenty would be surprised to learn that he totaled 1,288 scrimmage yards and 5 TDs last season. Still, he's 28 and hasn't been as explosive in recent years. It wouldn't be surprising if Tyjae Spears continues to steal plenty of pass-down work, while former five-star recruit Nicholas Singleton at least shows the physical tools to be more interesting than your typical Day 3 rookie.

Bad players don't earn 140 targets in back-to-back seasons ... and now the Titans have 70 million reasons to feed ex-Giant Wan'Dale Robinson–the reigning WR17 in PPR points per game–another fantasy-friendly target share. Of course, Carnell Tate was selected with the No. 4 pick in the draft and could feasibly lead the passing game from Day 1. There's also at least some reasonable optimism for a healthy Calvin Ridley. Expecting major fantasy-friendly fireworks from anyone here is probably wishful thinking, but credit to the Titans for making some serious improvements to this group ahead of 2026.

Chig Okonkwo took his talents to Washington in free agency, positioning rising second-year talent Gunnar Helm as the lead dog in Tennessee. The Texas product didn't exactly put up big counting numbers (44-357-2) as a rookie, but his underlying marks in yards (1.45, 24th) and especially targets per route run (22.4%, 9th) were encouraging. Helm will be a preseason rankings riser should something close to a full-time role reveal itself.

Utilization Notes

Wan'Dale Robinson notched a career-high 13.6 PPG last season. He was always a strong target earner, but it was mostly of the dink-and-dunk variety. His aDOT was 5.1 in 2024. That jumped to 9.1 in 2025. That dramatically improved his air yards per game from 40 to 74. He reunites with Brian Daboll, who will call plays for the Titans in Year 2 for Cam Ward. His history with Daboll and a four-year $70M contract with $38M guaranteed suggests a near-full-time role. Robinson projects as a borderline WR3 who could outperform his draft position if Ward improves.

Depth Chart

Quarterback:
- Cam Ward

Running Back:
- Tony Pollard
- Tyjae Spears

Wide Receiver:
- Wan'Dale Robinson
- Carnell Tate
- Calvin Ridley

Tight End:
- Gunnar Helm

> CALVIN RIDLEY

Washington Commanders

Team Snapshot

- **2025 Record / Rank in PPG:** 5-12 / 20.9 (22)
- **2026 Proj TDs per game:** 2.2 (rank: 20)
- **Head Coach:** Dan Quinn
- **Offensive Playcaller:** David Blough (new)
- **Projected Plays Per Game:** 60.8 (rank: 19)
- **Projected Dropback Rate:** 61.5% (rank: 9)
- **Matthew Freedman's Projected Win Total:** 7
- **Offensive Line Grade:** C
- **Key Departures:** Austin Ekeler, Deebo Samuel, Chris Rodriguez
- **Key Addition:** Rachaad White

Team Overview

Jayden Daniels was one of just four rookie quarterbacks in NFL history to average 20+ fantasy points per game, but the encore produced just 16.3 (QB17). Of course, Daniels dealt with knee, hamstring, and elbow injuries in the first nine weeks of the season and had his No. 1 WR active for only three of his seven starts. For the love of the fantasy gods—please stay healthy, Mr. Daniels.

The Commanders re-engineered their backfield this offseason by signing veterans Rachaad White and Jerome Ford, and drafting Kaytron Allen. Throw in the departure of Chris Rodriguez to Jacksonville, and Jacory Croskey-Merritt could feasibly have another decent chance of wrangling away a solid workload. Credit to the artist known as Bill for averaging the NFL's 12th-most rushing yards over expected per carry as a rookie.

Terry McLaurin largely dealt with one rough quarterback after another during the first five years of his career ... and then caught 13 touchdowns and finished as the WR15 in PPR points per game with Daniels in 2024. Maybe the soon-to-be 31-year-old veteran has already played his best football, but it's tough to be too pessimistic about his on-paper projections when he and his QB are healthy. Antonio Williams will slot in as the WR2 in this offense. We apologize to the dozens of dynasty managers who are keeping a candle lit for Treylon Burks.

The Commanders brought in former Titans TE Chig Okonkwo to presumably work as their new go-to pass catcher at the position in place of Zach Ertz. While Okonkwo never gained even 600 yards in a season during his four years in Tennessee, he's flashed some very fun YAC upside and could reasonably work as the No. 2 option in this passing game. That profile isn't so different than Isaiah Likely (complimentary).

Utilization Notes

Jayden Daniels averaged 21.1 fantasy points as a rookie in 2024, but his 2025 season was marred by injuries. It is hard to provide much analysis on a season in which Daniels played 100% of the snaps only twice. However, he posted an elite scramble rate of 18% and collected a healthy 9% rush share in games played. That is the same sort of profile that made him a star on a larger sample in Year 1. Daniels projects as a top-5 option and is one of the few QBs with a realistic shot at finishing No. 1 overall.

Depth Chart

Quarterback:
- Jayden Daniels

Running Back:
- Jacory Croskey-Merritt
- Rachaad White
- Kaytron Allen

Wide Receiver:
- Terry McLaurin
- Treylon Burks
- Dyami Brown

Tight End:
- Chig Okonkwo
- John Bates

Scan to sync your league!
Unlock customized insights specific to your team in seconds.

Fantasy Football Team Names

What you call your fantasy team says so much about you

BY COOTERDOODLE

NO! No, no, no. Please tell me you aren't still playing fantasy football with an auto-generated team name?!

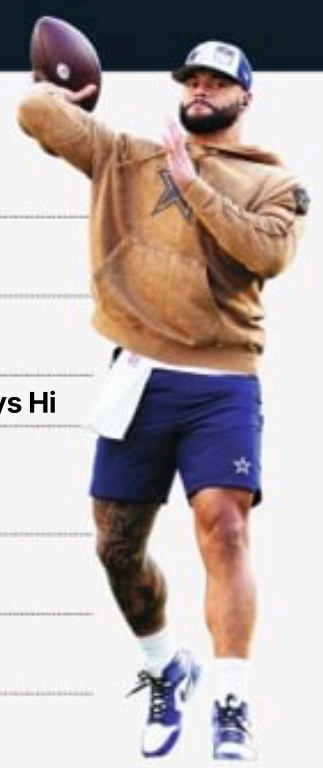
No one is going to respect the fantasy manager with the lackadaisical approach to their team identity. If anything, we all just assume that you treat your draft prep and lineup setting with the same half-ass attitude.

Fantasy team names mean *everything*. "Team12" just isn't going to cut it anymore.

→ PG13 Fantasy Football Team Names

> ASHTON JEANTY

- An Ash-ton of Wins (ASHTON JEANTY)
- I Gave Her A Bhayshul (BHAYSHUL TUTEN)
- 20mg Jaredible (JARED GOFF)
- Redwood TE, It ain't hard to see (TRAVIS KELCE)
- She Skattebo on my D until I Cam (CAM SKATTEBO)
- Bright Glares and Blue Balls (COWBOYS' STADIUM/JAYDON BLUE)
- Shough You (TYLER SHOUGH)
- Dak In A Box (DAK PRESCOTT)
- That's a Penix! (MICHAEL PENIX)
- Mother Shougher (TYLER SHOUGH)
- Dak and Balls (DAK PRESCOTT)
- [opponent's name]'s Mom Says Hi
- Hock Tua (T.J. HOCKENSON/ TUA TAGOVAILOA)
- Check Out My Penix (MICHAEL PENIX)
- Two Gains, One Kupp (COOPER KUPP)
- I Maye Score Tonight (DRAKE MAYE)
- Goff Balls (JARED GOFF)
- The Tush Push Ambush
- Tight Ends and TDs
- Itty Bitty TD Committee
- Unsolicited Nix Pics (BO NIX)
- Show me your Tets (TETAIROA McMILLAN)
- She Likes My Chubb (NICK CHUBB)



> DAK PRESCOTT

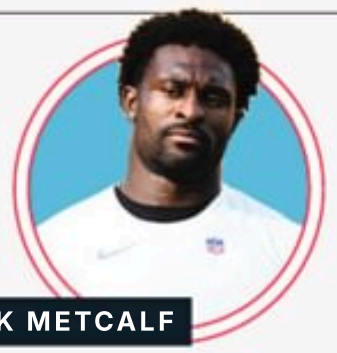
→ 2026 Rookies

- Highly Recommend-oza (FERNANDO MENDOZA)
- She knows how to Sadiq (KENYON SADIQ)
- Fernando-Monium (FERNANDO MENDOZA)
- Live, McLaughlin, Love (JALEEL MCLAUGHLIN/ JEREMIYAH LOVE)
- Love on the Brain (JORDAN LOVE/JEREMIYAH LOVE)
- Wins, Losses and Tys (JORDYN TYSON)
- Jeremiyah 4:3-6 (JEREMIYAH LOVE AND HIS 4.36-SECOND 40 TIME)
- Rookie Mistakes
- Tate of the Art (CARNELL TATE)
- I'm a Lover not a fighter (JEREMIYAH LOVE)
- Grand Kenyon (KENYON SADIQ)

> FERNANDO MENDOZA

> JEREMIYAH LOVE

→ Pop Culture/Music/ Movies



> DK METCALF

- How I Metcalf Your Mother (DK METCALF)
- Tyler the Creator of Deep Balls (TYLER SHOUGH)
- Waddle-melon Sugar High (JAYLEN WADDLE)
- It's Kenneth Walker, Miss Lemon (KENNETH WALKER/50 ROCK)
- ADOT ADOT loyalty, got royalty inside my DNA (KENDRICK LAMAR)
- To Infinity and Bijan (BIJAN ROBINSON)
- Omg! They paid Kenny! (KENNETH WALKER)
- Nosferatuten (BHAYSHUL TUTEN)
- The Devil Wears Prater (MATT PRATER)
- Parkers and Rec (PARKER WASHINGTON/PARKS AND REC)
- The Princess McBride (TREY MCBRIDE)
- Rack City Bech (JACK BECH)
- Tuten Scootin Boogie (BHAYSHUL TUTEN)
- Allgeier-y McGuire (TYLER ALLGEIER)
- Colby Kai (COLBY PARKINSON/COBRA KAI)
- Dart Simpson (JAXSON DART)
- It's Jahmyrly A Flesh Wound (JAHMYR GIBBS/MONTY PYTHON)
- Patrick at the Disco (PATRICK MAHOMES)
- Ba da ba ba ba I'm Lovin' it (JEREMIYAH LOVE)
- JK Dobby The House Elf (J.K. DOBBINS/HARRY POTTER)
- CeeDeeMacDennis (CEEDEE LAMB/IT'S ALWAYS SUNNY IN PHILADELPHIA)
- I am a Matthew Golden god! (MATTHEW GOLDEN)

- I Miss the Old JJ (JUSTIN JEFFERSON/ JJ McCARTHY)
- Enter the Maye-trix (DRAKE MAYE)
- Children of Kier (SEVERANCE)
- Are you Innie or Outie? (SEVERANCE)
- Carry on my CamWard son (CAM WARD)
- Loveland Island (COLSTON LOVELAND)
- That's What Shaheed Said (RASHID SHAHEED)
- You're a Wizard, Harris! (NAJEE HARRIS)
- Mahomelander (PATRICK MAHOMES)
- 55 TDs, 55 waivers, 55 wins (I THINK YOU SHOULD LEAVE)
- Kupp Fiction (COOPER KUPP/PULP FICTION)
- I'm Just Ken! (KENNETH WALKER/BARBIE)
- The Young and the Russ-Less (RUSSELL WILSON)
- Turd Ferguson (JAKE FERGUSON)
- Mr. & Mrs. DeVonta Smith (DEVONTA SMITH)
- I Gotta Figure Out How to Make Mooney On This Thing (DARNELL MOONEY)
- The Godwin Girls (CHRIS GODWIN)
- Dude, Where's My Carr? (DEREK CARR)
- Dak to the Future (DAK PRESCOTT)
- Geno 911! (GENO SMITH)
- Hot Chubb Time Machine (NICK CHUBB)
- I Think You Should Trade (I THINK YOU SHOULD LEAVE)
- The Gang Wins a Championship (IT'S ALWAYS SUNNY IN PHILADELPHIA)
- Assistant to the Fantasy Manager (THE OFFICE)
- 60% of the Time I Win Every Time (ANCHORMAN)
- Stroudy with a Chance of Deep Balls (CJ STROUD)
- The Need for Shaheed (RASHID SHAHEED)
- Better Call Hall (BREECE HALL)

> PATRICK MAHOMES

> GENO SMITH

> TYLER WARREN

→ Idioms, Puns and More

- Do you have a search Warren? (TYLER WARREN)
- McConkey See, McConkey Do (LADD McCONKEY)
- Better Late Than Trevor (TREVOR LAWRENCE)
- My McBride and Joy (TREY McBRIDE)
- Pierce of Cake (ALEC PIERCE)
- An Achane By Any Other Name (TRAVIS ETIENNE)
- Warren Peace (TYLER WARREN)
- Tyler Swift (TYLER WARREN/D'ANDRE SWIFT)
- It's Pronounced "Etienne" (TRAVIS ETIENNE)
- Pachec-out My Lineup (ISIAH PACHECO)
- Dead Money Walking (DOLPHINS)
- War and Pierce (ALEC PIERCE)
- Marks My Words (WOODY MARKS)
- Live Hard Gain Well (KENNETH GAINWELL)
- Jerry Had a Little Lamb (JERRY JONES/CEEDEE LAMB)
- Rico Suave (RICO DOWDLE)
- Gibbs it to me baby (JAHMYR GIBBS)
- On your Marks (WOODY MARKS)
- Kentagious (KENNETH WALKER)
- Straight A-chan (TRAVIS ETIENNE/DE'VON ACHANE)
- Fields of Jeanty (ASHTON JEANTY)
- Omarion's Belt (OMARION HAMPTON)
- Got a Pitts in my stomach (KYLE PITTS)
- The Rico-ning (RICO DOWDLE/THE RECKONING)

Fantasy Football 2026

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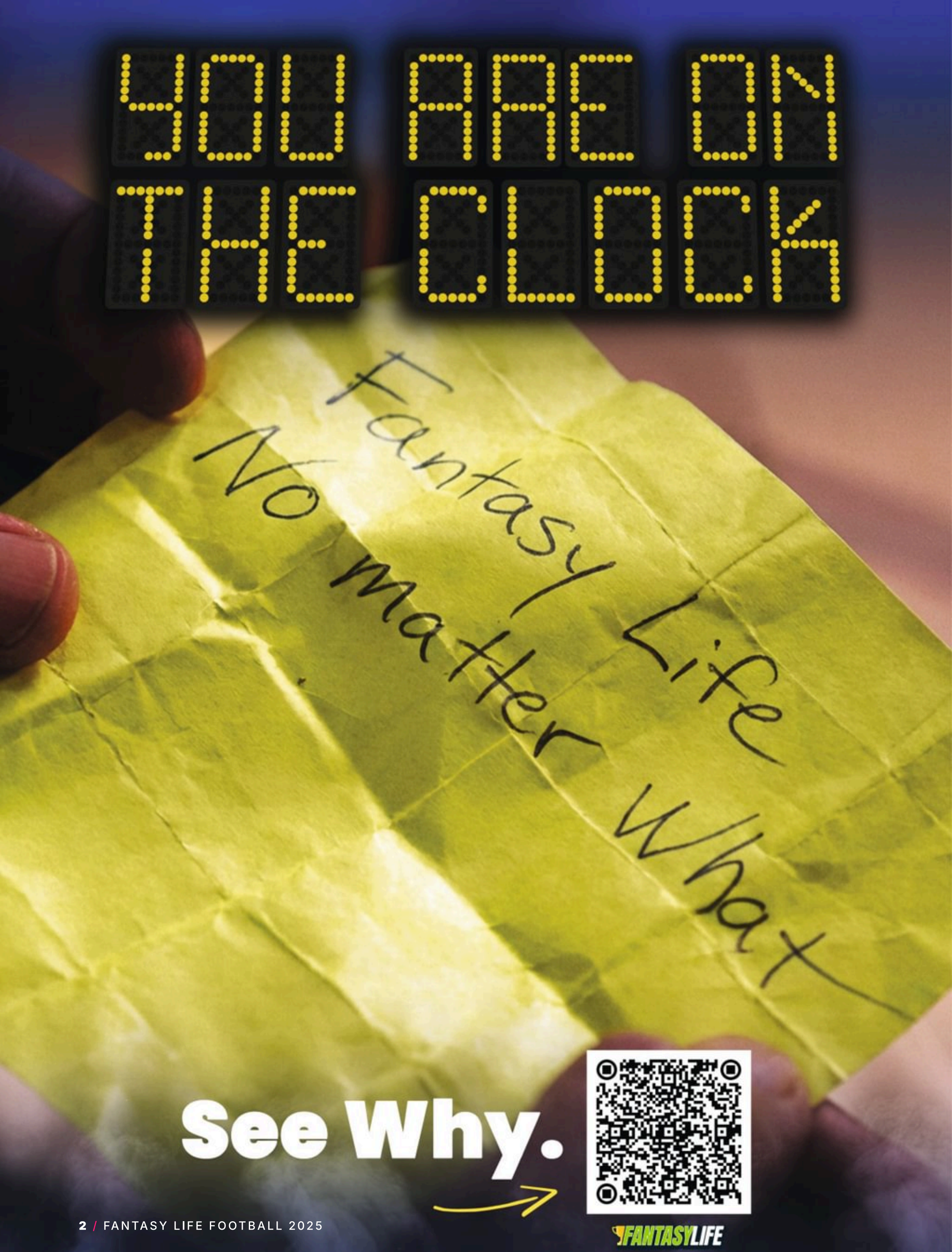
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